

Carers Careline

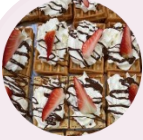
providing support for unpaid carers

Newsletter



March 2026

WINTER WARMER



We had a great turnout for our Winter Warmer. It was good to see everyone after a couple of very wet and cold months. The irony was that it just happened to be the warmest day of the year so far!

The team served up delicious waffles, whilst Kim Terry, Carer Support Manager from Carers and Communities, presented to the group about Carers Assessments. We also had a winter themed quiz (just for fun) and finished with a raffle. Thanks to Irene for being our regular "Raffle Queen" and to Ross and Sarah, 2 of our trustees, who stepped in to help the team out with refreshments.



Kim Terry provided an informative talk on carers assessments which Carers and Communities conduct for carers on behalf of the Worcestershire County Council. She reminded the group that they can request a carers assessment at any time, revisit it if there's been a change or if it's been a while since you had one. Kim explained why this is so useful for carers:

A Carer's Assessment

- focuses on your needs and helps you access practical support, financial help, and protection from burnout.
- identifies the type of support you may be entitled to (subject to eligibility) including respite care, help with daily tasks or transport, equipment or home adaptations, training, emotional support, and access to local carers' services.
- considers how caring affects your sleep, work or education, relationships, physical health, and emotional wellbeing, helping prevent stress, exhaustion, and isolation.
- can also lead to financial support, such as benefits advice, grants, local funding, Carer's Allowance-related help, or council-funded services — even if you already receive benefits.
- helps you continue caring sustainably by creating a plan that allows you to take breaks, maintain wellbeing, and balance work or independence.
- provides you with an official record of your needs, strengthening future support requests and helping professionals understand your limits.

A number of carers also managed to speak to Kim for one to one advice and support. If you would like a carers assessment, you can call one of the team at Carers Careline and we will refer you to Carers and Communities where they will be happy to support you.

LEGAL SESSION RECAP

In January, Chris Milne joined us to provide us with a very comprehensive and informative presentation on Lasting Powers of Attorney (LPA), Wills and Trusts. Chris who is a Director at Talbots Solicitors has a wealth of knowledge and experience when it comes to anything to do with the legalities of life. We're hoping Chris will come back to join us for our Summer Cream Tea to share more advice.

One area Chris focused on was the Lasting Power of Attorney, protecting you if you were to lose the ability to make or communicate decisions yourself. Something that can happen suddenly at any age.

Accidents or illness can happen anytime.

You don't have to be elderly. A car accident, serious illness, or conditions like stroke or dementia can leave someone temporarily or permanently unable to decide things.

Without an LPA no one automatically has legal authority to act for you — not even your spouse.

Your money can become locked.

Banks, pension providers, and utilities cannot legally speak to family members without authority. This can mean: Bills go unpaid, mortgage or rent problems, bank accounts unmanaged and care fees unpaid. **An LPA for property and finance prevents financial paralysis.**

Medical decisions may not reflect your wishes.

If you can't communicate: Doctors may rely on default legal processes. Family disagreements can delay care decisions. **A Health and Welfare LPA ensures someone you trust speaks for you on your behalf.**

There are 2 types of Lasting Power of Attorney - one for finance and one for health. You can apply for an LPA online which costs £92 by accessing the official government website: www.lastingpowerofattorney.service.gov.uk/home. There are many local solicitors that will also offer support with LPA's plus there are some organisations who will also offer free assistance like Alzheimer's Society digital assistance service on 0333 1503456 and AGE UK who you can contact for further advice on 0800 678 1602.

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/carerscareline)



THE CARING JOURNEY...



Of course, there are no rules for anyone's caring journey.

It's not as if each journey begins at the same place, in a time expected, with a couple of year's apprenticeship tucked under our belt in looking after, feeding, cleaning, medicating, treating wounds – or any of the other tasks that caring entails. In our experience, caring is much more likely to come to someone by knocking them off their feet, putting them into a panic – what do I do now? Where do I even start?

Nobody can ever really write a rule book so that you can start at A and work your way through to Z because every carer's context is different. You might have things in common, such as dealing with the same illness or injury or frailty, but there the similarities may go right out of the window. A man whose now sick wife has done all the housekeeping, cooking, shopping, decision making, etc., may find himself completely floored by having to work out how to feed her when she's ill, and may never catch up with the washing, the cleaning and the practicalities of running a home. A woman whose now sick husband paid all the bills, did all the driving, had every single handyman job at his fingertips might find herself wiped out by trying to keep a handle on the finances, realising how cushioned she was when he was in charge of the car, driven to distraction by trying to maintain the garden. Or – of course – vice versa in both situations!

Those are only two of the simplest examples – a lot depends upon who you are caring for, of course – but one thing is always true.

Every carer needs connection.

The psychologists know now, from dozens of studies, that, after the having of a roof over one's head and nutrition, the next most important thing for human beings is human connection. Whether you're an introvert or an extrovert makes no difference. We're all part of the same species and we all need interaction and to know that there are others around us. If they are all experiencing the same kind of situation as us, even better. We've got somebody to talk with, bounce ideas off, learn from, encourage and help – all of which helps to give us confidence and self-assurance.

We find our telephone support has always, and continues to be, an invaluable resource to so many of our carers. For some, we are the only people they ever speak to regularly. You might remember the old ad for the telephone – 'It's good to talk'. That was never a myth – people need to be able to chat with someone when they're down, when they're full of life, when something goes wrong, when everything is going right – when they need a friendly, recognisable voice just saying hello. Becoming part of our telephone support or WhatsApp group can open up all sorts of connections and it's one of our basic aims is to keep carers, who often find themselves trapped at home feeling alone with their obligations and responsibilities, connected to the world outside of their four walls. By talking. Or texting. Simple, but just what carers need.

We feel that a big part of our mission is to keep carers involved in what's going on, to point them in the directions they might find useful, to give them information they may find difficult to get hold of in any other way. And – of course – to provide crucial connection and to connect them with others.

So – if you're at a stage of what do I do now? Where do I even start? – which we know can happen at any time during your caring journey – just pick up the phone and ring us.

After all, that's what we are here for.

Irene



TELEPHONE SUPPORT



IT'S LOVELY TO HEAR A VOICE, THE DAYS CARING ARE LONG AND LONELY, THANK YOU FOR CALLING.

IT IS SO NICE TO SPEAK TO SOMEONE THAT UNDERSTANDS WHAT I AM GOING THROUGH.

We continue to receive great feedback about our Telephone Support Service. We know just how much these regular chats mean to the carers we support. A friendly call from our dedicated staff and volunteers at Carers Careline offers more than just a conversation - it provides emotional support, practical advice, and that all-important sense of connection.

Our team can also keep you updated about our services and share useful information about support available in the wider community. If you would like to opt in, please contact the office to discuss what works best for you. We're happy to tailor our contact to suit your preferences, whether that's through phone calls, texts, or emails.

DIARY DATES - MARCH 2026

When	Organised by	Activity	Detail	Where
Monday 2nd March 2:00pm-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
Monday 9th March 10:00-11:00am	Carers Careline	Care for Coffee? (Group) Book with one of the team	Join Nat for a “natter” at the Library in meeting room 2 for a catch up and a coffee or cuppa.	Redditch Library Market Place B98 8AR
Tuesday 10th March 9:30-12:30pm	Maple View Medical Practice	Drop-In Session	We’re joining the Maple View Medical Practice team along with representatives from Carers and Communities, Workwell, Social Prescribing, Citizens Advice and Act on Energy.	Maple View Medical Centre Tanhouse Lane B98 9AA
Monday 30th March 12:30-2:00pm	Carers Careline	Easter Chocolate Event	Join us for hot cross buns and our fabulous Easter Egg raffle! Don’t forget you are welcome to bring the person you care for too!	Ecumenical Centre
Monday 30th March 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

Regular weekly classes and events

Wednesdays 10:00-12:00pm	Frhens woodlandelectrical@btinternet.com	Frhens No need to book - donations welcome	A friendly support network for women. Providing activities, trips and get togethers.	Ecumenical Centre
Tuesdays 10:00 -12:00pm Wednesdays 10:00 -12:00pm Thursdays 10:00 -12:00pm Fridays 10:00 -12:00pm Saturdays 10:00 -11:00pm	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 Trees Community Centre B98 9JG Batchley Community Centre B07 6PD

DIARY DATES - APRIL 2026

Monday 13th April 10:00-11:00am	Carers Careline	Care for Coffee? (Group) Book with one of the team	Join Nat for a “natter” at the Library in meeting room 2 for a catch up and a coffee or cuppa.	Redditch Library Market Place B98 8AR
Monday 27th April 2:00pm-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

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.



Carers Careline is a registered charity : number 1106747



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 this safe and supportive space where people are available to offer support, advice and connect you to the right help!

No need for an appointment.

Redditch Library Drop-In, 11am - 1pm on the following Thursdays in 2026:

29th January	30th July
26th February	27th August
26th March	24th September
30th April	29th October
28th May	26th November
25th June	

Printer, scanning & computer access available.



Where can I get a foodbank voucher?

Age UK	Sandycroft Centre
Batchley First School	Shaw Trust
Bromford	Social Care Mental Health
BDHT	St Basil's
CAP	St Stephen's C.E. RSA
Citizens Advice Bureau	St Thomas More 1st
CCP	Starting Well
Care Leavers	Studley High School
Christ Church	Tardebigge First School
Emmanuel Church	Targeted Families
Endavour Schools Trust	The Old Needleworks
Family Front Door	The Project
Help Through Hardship	Trinity High School
Home Start	Tudor Grange
Housing First	Walkwood CofE Middle
Ipsley Academy	WCF Care Leavers
Matchborough First School	WCF Early Help Family Support
National Probation Service	WCF North East Team
Oasis Christian Centre	West Mercia Reconnect
Onside Advocacy	West Mercia Women's Aid
R&B Home Treatment Team	WMRASC
Redditch Borough Council	Worcestershire Association of
Reach CIC	Carers
Redditch Nightstop	YMCA




DROP IN SESSIONS AT MAPLE VIEW

10TH FEBRUARY & 10TH MARCH 9:30AM - 12:30PM

The services available will be:

citizens advice

Cover a wide variety of issues including, benefits, debt, housing, work, family, discrimination, consumer issues and many more.



Light-touch support service designed to help individuals with health conditions and/or disabilities access tailored support to remain in, or return to, work.



Link workers that help people to identify what matters to them, and work out how to connect with the activities that might make a difference to your health and wellbeing by accessing non medical support in the wider community



Helping carers and patients in our communities receive the support they deserve, we offer a wide range of support to carers who are looking after family members, and friends, who have extra care needs due to illness, disability, or a condition.



A free, impartial energy advice charity helping residents across Worcestershire. With over 25 years' experience, our energy experts are here to support you with reducing your energy bills, understanding new technology, and accessing funding for winter energy support or energy efficiency upgrades.

MAPLE VIEW MEDICAL PRACTICE. REDDITCH B98 9AA

POP IN TO MAPLE VIEW:
This support is free for everyone! Whether you're registered with a local medical practice or not, you're welcome to pop along and see us if you need help or guidance.

Stay connected follow Kingfisher PCN on Facebook:





oldneedleworks

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IMPORTANT ANNOUNCEMENT!

WE WILL NOW HAVE WEST MERCIA POLICE HERE MONTHLY AT OUR WEDNESDAY DROP-IN!

THEY WILL BE HERE:

FEBRUARY 25TH 10:30AM - 11:30AM

&

MARCH 25TH 11AM - 12PM

(MORE DATES COMING SOON!)

This drop-in session runs every Wednesday 9:30am - 12pm

Please note that we cannot guarantee the time you will be waiting for this drop-in session, and unfortunately we cannot make appointments on behalf of the organisations!

Here at:
The Old Needle Works
Britten House, Britten Street
B97 6HD

