Carers Careline

providing support for unpaid carers

Newsletter

AUGUST 2026

SUMMER EVENT

It was good to see so many of our carers at our Summer Cream Tea event. A big thank you to everyone who helped out in the kitchen serving coffees, teas and delicious scones with jam and clotted cream. Our thanks to Sam and Kacie at Tesco for their support providing the scones, jam and cream and a lovely bamboo tree for the raffle and to Chrissy at Asda, along with some of our carers and team who provided the rest of the raffle prizes.

Chris from New Lifeline, run by Redditch Borough Council, joined us to present the Digital Lifeline service and all the add-on's that can make living in the home, or caring for someone at home, a little more easy and less stressful. And you don't need Wi-Fi or a phone line to set it up.

If you'd like to try out this service you can go through one of the team at Carers Careline to refer you for a 6 week FREE trial of the service and the equipment to see what would be helpful for living in the home.

The New Lifeline service not only provides 24 hours support, 7 days a week offering peace of mind that someone is at the other end of the phone, they have equipment to provide additional safety measures within the home. Chris demonstrated a number of these for us including bed/chair sensors, fall detectors, activity monitoring, property exit sensors, key safes and mobile help away from home with a Lifeline GPS pendant. You could explore any or all of these options with a free 6 week trial through Carers Careline. Call one of the team if you think this service may be helpful for you or call the New Lifeline team on 01527 534060 to discuss the options.

HEALTHY WORCESTERSHIRE PROGRAMME

We've been promoting the Healthy Worcestershire Programme for a number of months now and recently met with Kieran, one of the of the Wellbeing Coaches who deliver the programme across Redditch.

The free sessions bring together a range of health improvement services to help build social connections closer to where people live.

The weekly sessions are run in local venues within the heart of communities, and offer:

- Physical activities such as resistance bands exercises, yoga, and tai chi - all focused on mobility, strength and balance.
- Healthy lifestyle advice, with wellbeing discussions on topics including mental wellbeing and nutrition.
- Community safety information, such as avoiding fraud or doorstep crime.
- Links to a wide range of other health promoting local activities in your community.

You are welcome just to turn up on the day or call 01905 928185 for more information. Check the diary page for a list of venues. Here's what people have said about the service:

Healthy Worcestershire

"Healthy Worcestershire has enabled me to meet others. I've found it incredibly helpful and beneficial for my mental health..."

"...the exercises are engaging and fun... the activities provide interactive and social experiences that I genuinely value."

"It's great to have both seated and standing options and to be able to work at our own pace and according to our own strength. It's a wonderful way to meet other people."

NEXT EVENT

Don't forget our next event!
The September Social with tea, tea cakes and a raffle, plus we'll be catching up with Alex from Better Together and the team from the FTD Brothers. Monday, September 21st, 1pm in the Ecumenical Centre.

A WORD FROM THE TEAM

As you might remember, funds were stretched when we last got in touch. Thankfully, we've had fantastic news from potential funders over the past couple of months, so we are thrilled to share that our support for local carers is secure for the time being. We're also optimistic about reopening our counselling service early next year too.

Watch this space!

Erica, Becky & Nat

POSTCODE LOCAL TRUST

Turner Trust

Supported by Redditch Borough Council

Room 1, Ecumenical Centre
Evesham Walk
Redditch , B97 4EX
Email:info@carerscareline.co.uk

Web:www.carerscareline.co.uk
Facebook:carers careline
Instagram:carerscareline
X:@carers careline

The Grimmitt Trust
The Eveson Trust
William A Cadbury Charitable Trust
worcestershire county council

Carers Careline is a registered charity : number 1106747

CARING JOURNEY

It's s bit of a cliché to tell someone who's in trouble to see it as a challenge.

How on earth do you find opportunities in adversity? We live in a university of hard knocks and random challenges, as our carers know only too well. Unfortunately, adversity doesn't discriminate – everybody alive has to face tough times, everybody is tested at some time. In the blink of an eye, life can change completely.

We go along thinking that we live in a life where everything is meant to be happy and beautiful or, at the least, okay, and forget to acknowledge that suffering is a part of existence. But it is utterly possible to think and act in ways to get through these bad times. Nobody is saying that it's easy and probably, for carers, the hardest thing to develop is the one thing we need more than anything else.

Tenacity.

The ability to keep on keeping on. Never giving up. Hearing the words 'I can't do this any longer,' building in our heads and stopping them before they come out of our mouths. It's self-talk. If we tell that to ourselves often enough, we'll believe it. Better to think 'I can do this. I'm doing it.'

Better to focus on the positives rather than watching out for the negatives and threats. Thinking 'I'm going to get through this…' helps us to focus on possibilities and keeps us going.

There's another great saying that it's very easy to forget – don't lose sight of what you have for what you've lost. We have to avoid getting swallowed up by the day to day, never-ending tasks and try to make a deliberate, intentional effort to find things that are good in our world.

It's been a hard road for the team here in the last few months. So much funding has been lost because of the economic situation, it felt practically impossible to climb out of the pit we were in. It would have really been easy to lose sight of what we have for what we've lost. But, somehow, we just had to struggle through – and Erica and the staff had to put on their Stubborn-Not-Giving-In hats and fight to find more possibilities, and here we are, thank goodness – Phoenix rising from the ashes – living to fight another day!

Irene

Now there's a team in trouble who decided to see it as a challenge!

Well done, one and all!

FUNDING UPDATES

Irene is right! We have been through some very challenging times over the last months and have fought hard to keep the charity going. And it's paid off!

We received confirmation late June about our application to the Postcode Lottery Local Trust. They awarded us £50,000 split across the next 3 years to support our operations and support services.

This, coupled with grants from **The Eveson Trust for £10,000, the Inman Charitable Trust for £4,250** and 2 very generous donations, will really help us out in the coming months and into 2027. We are so very grateful for their support and very relieved that we can continue to do what we love doing, supporting you on your caring journey.

And don't forget, if you would like to opt in to any of our services like Telephone Support or a regular email or text, just call the office. We'd be very happy to add you to our call/contact schedule. If you'd like to join our WhatsApp Group, Carers Connect, for real-time connection with ourselves, other carers and the community, all you need to do is let us know. If you're interested in one of the Carefree FREE hotel breaks we can refer you and help you book a night or 2 (subject to availability) away for a little respite.

GRANT OPPORTUNITY

On the topic of grants and applications, you could be eligible for an individual grant through Barchester's Charitable Foundation worth between £100 - £1,500!

If you need financial support with the following we may be able to support your application :

- manual and powered wheelchairs
- mobility scooters
- specialised trikes/bikes
- car adaptations

We have been speaking to one their grant managers and understand that as a charity we can refer individuals directly for grants, specific to this need. Barchester's Charitable Foundation is a grant-giving charity that helps older people and other adults with disability.

Funding of between £100 - £1,500 is available for individuals to help improve people's mobility, independence and quality of life. Applications are assessed on a case by case basis, with funds allocated to those who demonstrate greatest need. If you think this grant may help out with future decisions around mobility, let one of the team know and we can make an application on your behalf. Applications can be submitted at any time throughout the year.

DIARY DATES - AUGUST & SEPTEMBER 2026

When	Organised by	Activity	Detail	Where
Monday 10th August 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 11th August 9:30-12:00pm	Maple View Medical Practice	Drop-In Session Come along for information on a wide range of subjects	We're joining the Maple View Medical Practice team along with representatives from Workwell, Social Prescribing, Carers & Communities, Citizens Advice and Act on Energy.	Maple View Medical Centre Tanhouse Lane B98 9AA
Monday 24th August 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
Tues/Weds/Thurs 1st/2nd/3rd September Appointment only	Dementia UK and Nationwide	Dementia Clinic	Wonda is back to support with all your questions around dementia - for an appointment call 00800 888 6678, or text message with the word: APPOINTMENT to 0747 872 4000 and they will call you back.	Nationwide Bank Kingfisher Centre B97 4EX
Monday 7th September 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 15th September 9:30 -12:00pm	Maple View Medical Practice	Drop-In Session Come along for information on a wide range of subjects	We're joining the Maple View Medical Practice team along with representatives from Workwell, Social Prescribing, Carers & Communities, Citizens Advice and Act on Energy.	Maple View Medical Centre Tanhouse Lane B98 9AA
Monday 21st September 1:00 - 3:30pm	Carers Careline	September Social Book with one of the team	Join us for tea, tea cakes, a raffle and a chance to chat with Alex from Better Together and the team from the FTD Brothers Foundation.	Ecumenical Centre

Regular weekly local activities

Tuesdays 1:30pm	Worcestershire County Council & Redditch Borough Council	Tai Chi in the park No need to book	Weekly Tai Chi sessions, meet by the Visitors Centre. For info Contact Gaynor 07828 515344, email: g.peart@hotmail.co.uk	Arrow Valley Park Battens Drive B98 0LJ
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

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.
Drop-In: Monday to Wednesday 10.30am -12.30pm .

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

SUPPORTED BY

worcestershire county council | Redditch Borough Council

FREE Tai Chi in the Park

Arrow Valley Lake
meet by the amphitheatre

Tuesdays at 1:30pm
Weekly sessions
No need to book, just turn up

Starting Tuesday 7th July