

## Tendring Careline Showroom



The latest assistive technology equipment is available to view, with live interactive demonstrations by our friendly team.

**The showroom is open from  
9 a.m. to 5 p.m. Monday to Friday**

Do come along and try out all the equipment, under no obligation.

We are at :-

Barnes House 92 Pier Avenue Clacton on Sea

## Autumn Newsletter 2017

### Getting Nuisance Calls ? then register with the Telephone Preference Service

The best way to stop nuisance calls is to register your number with the Telephone Preference Service. They will add you to their list of numbers that do not want to receive sales & marketing calls.

You can call them to register on 0345 070 0707 or you can discuss your problem with the helpline on 0845 703 4599.

It is a free service and easy to register. You will need your phone number, postcode and an email address to sign up on the Telephone Preference Service website. You can also sign up from your mobile, by texting 'TPS', and your email address, to 85095

It is illegal for a company to call numbers registered with the Telephone Preference Service.

### Personal Alert Wristbands

Available to anyone who would like to feel safer and more protected when away from their home.

Call 01255 222022 for info

### Take Care When Driving

If you have to drive in bad weather, make sure you allow extra time for your journey. Tell someone your destination and when you expect to arrive there. Keep your mobile phone charged, take warm clothes, boots, food, water, a torch and a spade in case you need them.

### Flu Jabs & Prescription Advice

Follow up your GP's invitation to have a flu jab this Winter.

Order repeat prescriptions in plenty of time, particularly if bad weather is forecast. Also check if your local pharmacy offers a prescription pick-up & delivery service.

### Easy to Make Scrumptious Raspberry Cake - **Caution contains nuts !**

#### Ingredients :-

- 5 oz Self Raising Flour
- 5 oz Caster Sugar
- 5 oz Soft Butter or Margarine
- 5 oz Ground Almonds
- 1 tsp Ground Cinnamon
- 1 Egg
- $\frac{1}{2}$  lb Raspberries



#### Instructions :- Oven Temp 160 C

Mix all the ingredients, (apart from fruit), in a processor. Spread half the mixture into a greased loose bottomed 8 $\frac{1}{2}$ " tin. Sprinkle fruit on top, then spread rest of mixture over the raspberries (does not matter if there are gaps). Flaked almonds topping optional.

Cook for 40 mins (watch from 35 mins). Leave to cool, then sprinkle with icing sugar.

## Staff Identity - Bogus Callers

A member of the Careline Team will always carry their identification badge.

It is very important that you never admit anyone to your property if they cannot show you their badge.

If in any doubt, press your pendant and speak with the Control Centre, they will be able to tell you if a member of the Careline Team should be at your door.

## Monthly Pendant Test

It is important that you remember to press your pendant once a month.

Regular testing helps us to help you !

Please use your Careline Calendar to remind you to test on the week that has been highlighted.

This will ensure that your equipment is working properly.

## Keeping Adults Safe across Essex

A vulnerable adult is someone in need of help because of a disability, illness, or age and is unable to take care of themselves, or stop someone else from harming, or exploiting them.

If you know of someone in this position and wish to help them, an organisation called Ask SAL Helpline, will investigate situations of this kind with sensitivity, and in confidence.

Their contact details are as follows:-

Ask SAL Helpline

Tel:- 08452 66 66 63

Web:- [www.asksal.org.uk](http://www.asksal.org.uk)

You can also contact Careline for further information about this service, just press your pendant at any time.

## Annual Report

The Annual Report for 2016/17 has now been published and can be viewed online at:-

[www.tendringdc.gov.uk/careline](http://www.tendringdc.gov.uk/careline)

If you would like a copy, please call us on :-

**01255 222022**

## Cheap Line Rental from BT

**B T Basic Call:- 0800 800 864**

B T Basic is a social telephony scheme for customers who are in receipt of certain State Benefits.

A customer has to make an application for the Service which will be verified by the Dept of Work & Pensions.

A customer must be in receipt of at least one of the following State (Government) benefits:-

Income Support

Income Based Job Seekers Allowance

Pensions Credit (Guaranteed Credit).

Employment support Allowance

(Income related).

## Changing Phone Provider

We would like to remind all our Service Users to let us know if you change your telephone provider to either:-

**Sky, Talk Talk, or Virgin**

As we may need to change the equipment you currently have.

**Please remember to inform us of changes to your details, including telephone numbers for family, or key holders.**

**Either press your pendant or telephone us with the changes on:- 01255 222022**