Our Careline Service plays a key role in helping vulnerable people and/or older people to live independently and safely in their own homes. The service can provide vital reassurance to residents and their family and friends when they need it most.

What is a Careline?
Careline is an effective way of getting help through your landline telephone line quickly and efficiently 24 hours a day, 365 days a year.

How does it work?
By pressing a necklace or wrist pendant a signal is sent to the Careline, which will then automatically dial to our Control Room. Your personal details will come up on a computer screen and a fully-trained operator will be able to talk to you through the Careline unit.

How will they help me?
The Control Room will quickly establish what assistance you require i.e. an Ambulance, Doctor or one of your nominated contacts (neighbour, friend or family).

The cost of the Careline service is:
£3.49 per week + VAT, inclusive of monitoring and maintenance.

How are they available?
If you would like more details, please call us on 01453 754424 or email us at: careline@stroud.gov.uk

A Big Thank-you for recycling
Stroud District Council residents disposed of the least amount of residual waste to landfill of all councils in England – an average of 258.6kg per household per year in 2017/18, Department for Food Environment and Rural Affairs (Defra) figures showed.

We are now the highest performing council for recycling in the south west and have experienced the largest increase in ‘household waste’ recycling rates in England.

Now Defra has asked the council the secret of our success and we will be meeting them soon.

We can do even better! Check overleaf to see if you’re recycling everything you can.
ARE YOU RECYCLING EVERYTHING THAT YOU CAN?

**Yes please**
- all food (cooked & raw)
- meat & fish bones
- pet food
- tea bags & coffee grounds
- mixed metals
- cans
- tins
- foil
- aerosols
- glass bottles
- glass jars
- plastic bottles
- plastic containers
- plastic pots
- newspapers
- magazines
- paper & catalogues
- all cardboard
- please fold/reduce your cardboard to the approximate size of your recycling box
- cartons e.g. Tetra Paks

**No thanks**
- food packaging
- animal waste
- pet bedding
  - (e.g. straw or wood shavings)
- nappies
- wrapping paper
- plastic wrappers
- kitchen roll
- scrap metal
- crisp packets
- pet food pouches
- car batteries
- batteries
  - (recycle at large supermarkets)
- glass milk bottles
- pyrex
- window & mirror glass
- light bulbs
- spectacles
- drinking glasses
- carrier bags & cling film
- plastic toys
- large plastic items (e.g. buckets)
- polystyrene
- plastic wrapping
  - (e.g. pasta and rice bags and cereal packaging)

Please place all items into your recycling bin/bag/box loose e.g. not in carrier bags.

Food waste is collected weekly.

STROUD DISTRICT COUNCIL
www.stroud.gov.uk
01453 754424 • recycling@stroud.gov.uk

01453 754424
• recycling@stroud.gov.uk