

Carers Hub

Reading, West Berkshire and Wokingham

Newsletter May 2019



Carers Week
10th– 16th June
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***We have combined our
newsletter with Wokingham.
Please let us know what you
think?***

ask@berkshirecarershub.org

Are You Providing Much
Needed Care and Support
for a Loved One?
Friend or Family Member?

Come and Meet
Other Carers
Access Information
&
Support

Free Hot Drinks
See Back Page
For a Support Group
Near You

Save the Date

Carers week

Monday 10th June—Sunday 16th June.

Further details will be confirmed nearer to Carers Week

Contact us: 0118 324 7333

Email: ask@berkshirecarershub.org

Carers Week

Carers Week will be between 10—16th June this year.

We will be putting on several events for carers to attend.

If you need help arranging for someone to look after your loved one for this event or any other,

Crossroads can help*

They will need to do an assessment before the day and check staff availability, so please contact them at least a couple of weeks before.

Their numbers are—

Reading 01189 454 209

Newbury (for West Berkshire) 0163 530 008

Wokingham 01189 795 324

* Subject to availability and possible cost



Just a quick reminder if you have not already completed the State of caring survey please do so by the 24th May 2019

State of Caring Survey 2019.

The survey is the UK's most comprehensive research into the lives and experience of carers and many professionals who work with carers find the results provide a useful evidence base for their work locally.

We need your evidence to push carers up the agenda for policy makers and to campaign for recognition and change. In the next year we want to bring your voice and experience to the heart of decisions about:

Spending on care and support services: The way carers are recognised and supported will be a key part of the Government's social care policy proposals expected soon. Decisions made will affect carers in England but also social care spending across the UK.

Financial support for carers: Campaigning to improve financial support for carers remains our top priority and we'd like to hear about how caring has affected your finances both in the short term and how you are able to save for the future.

Improving carers health and wellbeing: How the NHS puts into practice commitments to act on identifying and supporting carers earlier and ensuring they have plans in place for when they need the back up of health and care services. We also want to understand how we could support people who are caring to look after their mental and physical health by being more active. We know that carers face challenges to taking part in exercise or sport and we're keen to see how we can help address those.

To complete the survey, please follow the link: <https://www.surveymonkey.co.uk/r/TQLBC58>



A DAY AT THE MERL

FOR DEMENTIA ACTION WEEK

THE MUSEUM OF ENGLISH RURAL LIFE, REDLANDS ROAD, RG1 5EX

A DEMENTIA ACTION WEEK EVENT · Wednesday 22nd May 2019 · 10:00am to 4:00pm

Visit merl.reading.ac.uk for more information



ACTIVITIES THROUGH THE DAY

- | | |
|--|---|
| 10:00 . . . Mayor Deborah Edwards opens Event | 12:45 Bring your own lunch – Picnic in the garden |
| 10:15 . . . Young people with Dementia - Choir | 13:15 Reminiscence sessions |
| 10:45 Fun exercise class | 13:15 Dementia Friends Session |
| 11:15 Reminiscence sessions | 14:20 to 15:00 Dance for Health - The MERL |
| 11:15 Dementia Friends session | 15:00 Banyan Care – Financial planning talk |
| 12:15 . . . Alzheimer's Society Side by Side Service | 16:00 Close |

ALL DAY EVENTS

- Quiet Zone with dementia friendly helpers · Museum tour of The MERL (30 mins)
- Reminiscence sessions (book on the day) · Gardening sessions with The MERL
- Reading Voluntary Action Information hub



Dementia friendly volunteers and Alzheimer's Society Advisors will be on hand throughout the day to support people living with Dementia, family & friends

If you would like more details about this event, please contact Michelle Berry on:

07834 335103 or email: michelle.berry@reading.gov.uk

Also, be sure to check merl.reading.ac.uk/event/dementia-awareness-event for any updates

Update on parent carer's Self—Assessments



All parent carer self-assessment are now to be sent to Reading Adult Social Services. You can send them directly to the team or via Carers Hub.

All assessments that have been completed by Carers Hub, will be forwarded to the Adult Social Service team to be processed.

Address : Adult Social Service Team
Civic Offices, Bridge St,
Reading, RG1 2LU

Feeling alone with no one to talk to or struggling to find someone who understands you and the stresses of your caring role?

Come along to our support groups, where you can meet other carers and get the support and guidance you may need, in a relaxed Environment.

Please check out the last two pages of the newsletter to see support groups near you.

If you would like more information please call us on 0118 342733 or email : ask@berkshirecarershub.org

Love talking sport?

We welcome you to our friendly Sporting Memories Group at Berkshire County Sports & Social Club

**Sonning Ln, Sonning, Reading RG4 6ST
Every Wednesday 1-3pm**

Come along, listen and share sporting memories with other older sports fans.
£1.50 WEEKLY SUBS

**Sporting Trivia, Memorabilia and Games
Opening session 1st May**



**WOKINGHAM
BOROUGH COUNCIL**



For more information please either call The Sports Team on

0118 9243728 or email : sport@wokingham.gov.uk



Enjoy gardening?

Want to make new friends?

Live near Church Street?

Why not try the

Friendly Gardeners Group

Fridays, 10am-12pm

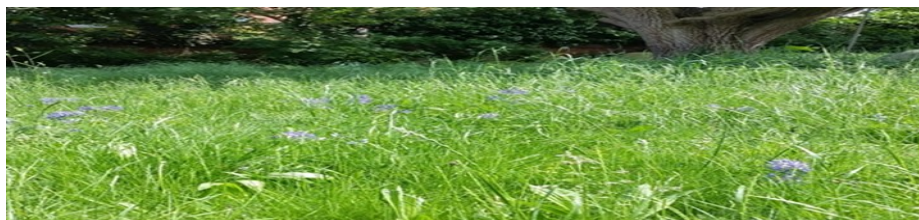
Friends Meeting House, 2 Church Street, Reading RG1 2SB

Ring now to find out more and join the group:

0118 9594242

info@ageukberkshire.org.uk

First session free, then suggested donation of £3 each week



Carers Hub

Call us: 01183247333 Email us ask@berkshirerashub.org



Frontotemporal dementia (FTD) Support

YPWD Are planning to start a regional support group for people with FTD, and their families, friends and healthcare professionals

So if you live in Berkshire or any neighboring counties and would like to join us to shape this new initiative, give us a ring or email to join us on the **8th May 2019** from **3pm to 5pm**. Refreshments will be provided.

If you need to arrange support for your relative in order for you to attend the meeting, we may also be able to help.

VENUE: YPWD (Berkshire) First Floor, Unit 9 Indigo House | Fishponds Road | Wokingham | Berkshire RG41 2GY | 0118 207 2880 | contact@ypwd.info

Thames Water Priority Service



Thames Water offers a Priority Service to customers who find themselves in vulnerable circumstances. By registering for this service Thames Water aim to provide free support in the unlikely event you have no water, by prioritising the most vulnerable first.

Thames Water will tailor their communication to meet your needs, giving you peace of mind at a time when you need it most. The Carers' Hub is working with Thames Water to encourage our members to register by filling in the form and sending it back free of charge.

For more information visit: www.thameswater.co.uk/priorityservices or call the Extra care Team on 0800 0093652 option 3.

You can also email ecs@thameswater.co.uk. Financial support is also available to you, for more information search 'help paying your bill' on the Thames Water website.

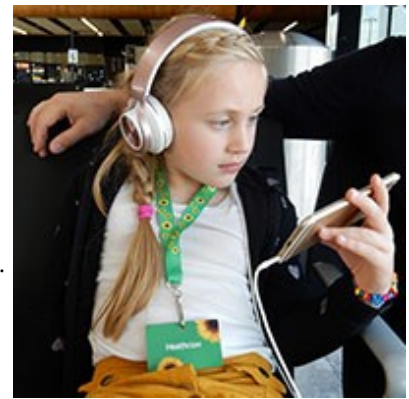
Please find attached priority service leaflet with newsletter. Or carers that are on email, please call the hub on 0118 324 7333 and request a form.

Carers Hub

Call us: 01183247333 Email us ask@berkshirerashub.org

SUNFLOWER LANYARDS

WEARING A SUNFLOWER LANYARD AT HEATHROW ENABLES OUR COLLEAGUES TO RECOGNISE THAT YOU HAVE A HIDDEN DISABILITY WITHOUT YOU NEEDING TO DECLARE IT. THIS ALLOWS YOU TO TRAVEL INDEPENDENTLY THROUGH THE AIRPORT WHILST KNOWING THAT IF YOU NEED ANY ADDITIONAL SUPPORT DURING YOUR JOURNEY, ANY OF OUR COLLEAGUES WILL BE ABLE TO SUPPORT. IF YOU DO FIND YOU ARE FEELING ANY DISCOMFORT DURING YOUR JOURNEY OR WOULD PREFER EXTRA ASSISTANCE, HEAD TO ONE OF OUR ASSISTANCE DESKS WHERE ONE OF OUR COLLEAGUES WILL BE HAPPY TO HELP.



HOW TO RECEIVE A SUNFLOWER LANYARD

IF YOU ARE TRAVELLING THROUGH HEATHROW WITHIN THE NEXT SIX MONTHS, WE WOULD BE HAPPY TO POST YOU A LANYARD WHEREVER YOU ARE IN THE WORLD.

TO ALLOW TIME TO PROCESS YOUR REQUEST AND POST YOUR LANYARD/S, PLEASE ALLOW 4 WORKING DAYS IF YOU ARE BASED IN THE UK AND 7 WORKING DAYS IF YOU ARE BASED OUTSIDE THE UK.

EMAIL US AT SPECIAL_ASSISTANCE@HEATHROW.COM AND BE SURE TO INCLUDE ALL THE FOLLOWING INFORMATION:

- FULL NAME (INCLUDING SURNAMES)
- DEPARTING / CONNECTING OR ARRIVING TERMINAL
- FLIGHT NUMBER(S)
- POSTAL ADDRESS WHERE YOUR LANYARD WILL BE DELIVERED
- NUMBER OF LANYARDS ARE REQUIRED

PLEASE ENSURE THAT ALL THE ABOVE INFORMATION IS PROVIDED AS MISSING INFORMATION WILL RESULT IN A DELAY TO YOU RECEIVING YOUR LANYARD/S.

HOW TO COLLECT A SUNFLOWER LANYARD PLEASE USE THE LINK [HTTPS://WWW.HEATHROW.COM/AIRPORT-GUIDE/ASSISTANCE-AT-HEATHROW/HIDDEN-DISABILITIES](https://www.heathrow.com/airport-guide/assistance-at-heathrow/hidden-disabilities)

Heathrow



“Time for me,”
Exercise class for local carers
at The Bradbury Centre
13.15-14,00, only £3
14th May
25th June
9th July

Address: Circuit Office,
Rose St,
Wokingham
RG40 1XS
Phone: 0118 977 6898



WOKINGHAM
BOROUGH COUNCIL

CARERS STORY

As yet no one has come forward to tell us their story.

What would you like to say?

What do you know that could help other carers?

If you would like to share your experience with other carers please contact

Carers Hub on 0118 324 7333

or

email ask@berkshirecarershub.org

Mortimer Surgery Patient Participation Group Presents



Dementia and Mental Health Awareness in Older Adults

Wednesday 26th June - 6.45 –9.00 p.m.

St John's Hall, West End Road,

Mortimer RG7 3TF

Entrance and refreshments free but there is limited space so please register to attend.

Either call 0118 933 2436 or Email: ppgmortimersurgery@gmail.com

HIDDEN STORIES

ON TOUR

Accessible and playfully illustrated, Hidden Stories is for anyone who's affected by or curious about life with an invisible condition. We made the book with organisations and individuals, with the hope that it will help to address loneliness, stigma and misunderstanding.

Come along and pick up a free copy

Get involved in games and discussions

Central Library in Reading - Saturday 11th May 2019 10-3pm

WWW.HIDDENSTORIES.CO.UK



Carers Hub

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Over a 1/4 million people need Changing Places toilets to enable them to get out and about and enjoy the day-to-day activities many of us take for granted.



The Changing Places Consortium launched its campaign in 2006 on behalf of the over 1/4 of a million people who cannot use standard accessible toilets. This includes people with profound and multiple learning disabilities, motor neurone disease, multiple sclerosis, cerebral palsy, as well as older people.



To use the toilet in safety and comfort, many people need to be able to access a Changing Places, which have more space and the right equipment, including a height adjustable changing bench and a hoist.

GOT A CHANGING PLACES TOILET QUESTION?

For questions about England, Wales and Northern Ireland email changingplaces@musculardystrophyuk.org

For questions about Scotland email PamisChangingPlaces@dundee.ac.uk

For media enquiries please email I.burqe@musculardystrophyuk.org

<http://changing-places.org/>

Toilet Information

- [Broad Street Mall](#)
Broad street. Reading
RG1 7QE
- [Royal Berkshire Foundation NHS trust](#)
Craven Road, Reading
RG1 5AN
- [Dinton Pastures Country Park](#)
Davis Street, Hurst, Wokingham
RG10 0TH
- [Kennet Shopping Centre](#)
Market Street Newbury
RG14 5EN
- [Northcroft Leisure Centre](#)
Northcroft Lane Newbury
RG14 1RS
- [Alexandra Court](#)
Wokingham
Berkshire
RG40 2SL

Plan your journey with confidence!



Connie's Colander- Theatre Show with Human Story Theatre. A play about the effects of Alzheimer's disease on a family

Connie's Colander is a piece of theatre aimed at anyone and everyone, but targeted audience could be carers, medical professionals and family / friends of people with dementia.

Connie is a retired domestic science teacher. Emily, her daughter, is enjoying hosting her first TV cookery show: Connie's Colander, bringing her mother's recipes onscreen and up to date. Sensitively, with humour and tenderness this newly written play traces the evolving relationship throughout their lives, and the impact of Connie's Alzheimer's. Can their relationship, and the TV show, survive?

Running time 50 mins plus a 20 minute post-show Q&A with a dementia specialist

An informal atmosphere is created for the Q&A, facilitated by the two actors, with local dementia specialists able to signpost people to their local services. Building on the story within the play, the audience is also encouraged to share their own experiences, both to 'offload' and also to help support fellow audience members, if appropriate.

Date: Monday June 24

Time: 2.30pm to 3.45pm

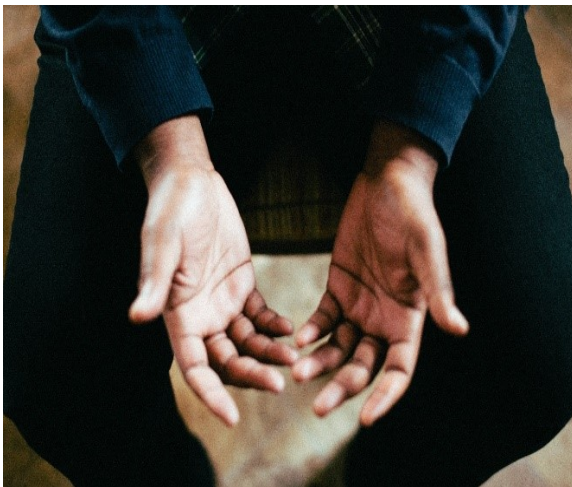
Place: Woodley Library Headley Road Woodley Reading, Berkshire RG5 4JA

0118 969 0304

libraries@wokingham.gov.uk



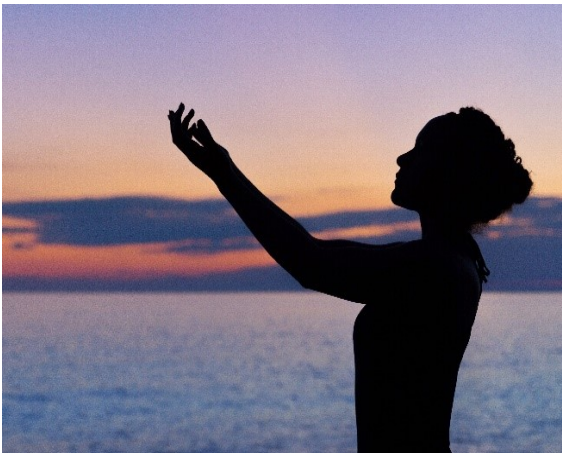
50+Yoga for beginners



If you are 50+ and would like to learn the basics of yoga, please join us for free yoga sessions for beginners.

We will cover basic movements alongside breathing exercises and meditation.

Everyone is welcome to give it a go.



Where Oddfellows, 118B Oxford Road, Reading, RG1 7NQ

When Every Friday

Time 11AM (45 min session)

To find out more contact Elina Zandersone on 07767 020007 or email elina.zandersone@royalvoluntaryservice.org.uk

Royal Voluntary Service is a national charity that supports hospitals and communities through the gift of voluntary service.

Light refreshments available at the session. The session is free of charge, if you would like to help make this a permanent event –



Pepper & lemon spaghetti with basil & pine nuts



Ingredients

- 1 tbsp rapeseed oil
- 1 red pepper, deseeded and diced
- 150g wholemeal spaghetti
- 2 courgettes (250g), grated
- 2 garlic cloves, finely grated
- 1 lemon, zested and juiced
- 15g basil, finely chopped
- 25g pine nuts, toasted
- 2 tbsp finely grated parmesan or vegetarian alternative (optional)

Method

Heat the oil in a large non-stick frying pan. Add the pepper and cook for 5 mins. Meanwhile, cook the pasta for 10-12 mins until tender.

Add the courgette and garlic to the pepper and cook, stirring very frequently, for 10-15 mins until the courgette is really soft

Stir in the lemon zest and juice, basil and spaghetti (reserve some pasta water) and toss together, adding a little of the pasta water until nicely coated. Add the pine nuts, then spoon into bowls and serve topped with the parmesan, if using.

Wokingham Outreach

Carer Supports groups 2019

For further details call 0118 324 7333

Area	When / Where	May	June	July	Of Every Month
Wokingham	Carers Forum- St Pauls Parish Room, Reading Road, Wokingham, RG41 1EH 10.00– 12pm	7th		2nd	Every 1st Tues of every other month
Wokingham	Long-term condition carers group– Wokingham hospital 41 Barkham Road, Wokingham, Berkshire, RG41 2RE 6.00 –7.30pm		18th		Weds Every 8 weeks
Wokingham	Carers Drop - in session. The Bradbury Centre, Rose Street, RG40 1XS 10.00 –12pm	14th & 16th	25th	9th & 23rd	Tues Every 2

Wokingham	General -The Berkshire, 126 Barkham Rd, Wokingham, RG41 2RP, 10-12pm	8th	Carers Week	10th	Every 2nd Wed
Wokingham	Stroke Carers - The Bradbury Centre, Rose Street, Wokingham, Berkshire, RG40 1XS, 10-12pm	9th	Carers Week	11th	Every 2nd Thurs
Wokingham	Alzheimer Cafe -The Bradbury Centre, 1.30-3pm	14th	11th & 25th	9th	Every 2 weeks on Tue
Wokingham	Mental Health - St Pauls Parish Room, Wokingham, Berkshire, RG41 1EH 2.00-4pm	2nd	6th	4th	Every 1st Thurs

West Berkshire Upcoming Support Groups

For further details call 0118 324 7333



Area	When /Where	May	June	July
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Groups for carers of people with any disability or illness

Lambourn	Lambourn Memorial Hall, Oxford Street, Lambourn, RG17 8XP. 10-12 pm	16th	20th	18th	Every 3rd Thurs of the month
Pangbourne	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon - 2 pm	1st	5th	3rd	Every 1st Wed of the month
Newbury	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am - 12pm	23rd	27th	25th	Every 4th Thurs of the month
Hungerford	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	21st	18th	16th	Every 3rd Tues of the month

Carers Support Group for carers of people with all Types Of Mental Health Conditions

Thatcham	Taste of England Pub, Lower Henwick Farm, Thatcham, RG193AP 10am - 12PM	15th	19th	17th	Every 3rd Wed of the month
Thatcham	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	8th	12th	10th	Every 2nd Wed of the month

Reading Upcoming Support Groups

Area	When /Where	May	June	July	Of Every Month
Whitley	South Reading Youth & Community Centre, 252 Northumberland Av RG2 7QA (10-12pm)	4th	6th	4th	Every 1st Thurs
Caversham	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG (11:00- 12:30pm)	6th	3rd	1st	Every 1st Mon
Tilehurst	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE (10:30- 12:00pm)	21st	18th	16th	Every 3rd Tues
Whitley Wood	General -Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH (10:00- 12pm)	28th	25th	29th	Every Last Tues
Cemetery Junction	General -Palmer Park Library, St Bartholomews Rd, Reading, RG1 3QB (10:30- 12pm)	22nd	26th	24th	Every 4th Wed

Carers Hub

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