

Carers Hub

Reading, West Berkshire and Wokingham

Newsletter

June 2020



Carers Week 2020



Monday 8 June - Sunday 14 June

10 - 16 June 2019
carersweek.org



We cannot give medical or self-isolation advice regarding the current Coronavirus outbreak in the UK – please:

Phone 111 or visit 111.nhs.uk if you experience symptoms of Coronavirus. Include symptoms for Coronavirus (COVID-19) are a high temperature and/or a new, continuous cough.

Visit www.gov.uk/coronavirus

for the latest official advice regarding self-isolation, social distancing and Shielding of vulnerable people.

You can also watch updates on the Government's daily briefing, which is broadcast every evening on BBC News.

**All Support Groups will be running virtually.
Your support worker will be in touch to arrange**

Carers Week

8th– 14th June

MAKING CARING VISIBLE

VIRTUAL (ON-LINE) MEETINGS

MONDAY 8TH

AFTERNOON TEA (WB) 2:30 - 4:30

TUESDAY 9TH

POETRY READING (W) 5:30 - 8:00

COFFEE MORNING (R) 10:00 - 11:30

RELAXATION AND BREATHING (W) 10:30 -11:30

AFTERNOON TEA (R) 2:00 - 3:30

CARERS CHOIR (W) 1:00- 1:30

WEDNESDAY 10TH

COFFEE MORNING (WB) 10:00 - 11:30

AFTERNOON TEA (W) 3:00 - 4:30

THURSDAY 11TH

RECOVERY COLLEGE

INFORMATION MEETING 12:30, 1:00 & 1:30 *

PUB QUIZ (WB) 2:00 - 4:00

PUB QUIZ (W) 5:30 - 7:00

FRIDAY 12TH

MUSICAL BINGO (W) 1:00 - 2:30

PUB QUIZ (R) 6:00–7:30

***NO NEED TO BOOK**



**Are you, or
someone you
know providing
much needed
support to a
loved one,
neighbour or a
friend with a
long-term
Illness or a
disability?**

**to book a place, and how
to join**

please call the hub on

0118 324 7333.

Or email

ask@berkshirecarershub.org

Most events are free of charge

More Carers Week fun

Exercise and workouts

Joe – Circuits

<https://www.facebook.com/wokinghamboroughcouncil/videos/1136879843354604/>

Max Chair Based

<https://youtu.be/s5XH78b7z38>

Leah – Pilates

<https://youtu.be/AV7L8N-bmHQ>

Sonia – Seated

<https://youtu.be/2yuR96b-nUY>

Sonia – Standing

<https://youtu.be/6EBZUfO-yQI>

Tai Chi

<https://youtu.be/-CJf7bVVR2qs>

Stretch & Relax

<https://youtu.be/R6sXYymSo8E>

Chair Yoga

<https://youtu.be/2xpdH-RMVco>

Tai Chi Intermediate

<https://youtu.be/sERTvCCuPlQ>

Tai Chi Advanced

<https://youtu.be/fibtrZ7Focw>

Pilates Intermediate

<https://youtu.be/bZvHozbN26c>

Monday's

Join our instructor Harpal for a Yoga session focusing on breathing and relaxation. The class starts at 10.30am and finishes at 11.30am.

Join Zoom Meeting:

<https://us02web.zoom.us/j/82214853326?pwd=UHdldDZ2T0g2L3NjbHA4bnY0NkM4QT09>

Meeting ID: 822 1485 3326

Password: 414736

Wednesday's

Join our instructor Jack for an energising Zumba session. The class starts at 12.30pm and finishes at 13.15.

Join Zoom Meeting:

<https://us04web.zoom.us/j/916109931?pwd=d083Q01UQzQ3bzhCeDBRYmlURnpuQT09>

Meeting ID: 916 109 931

Password: 002058

Some other activities available online

Enjoy a show from the comfort of your own home. The following are links to shows that are currently playing.

<https://www.countryandtownhouse.co.uk/culture/national-theatre-at-home/>

<https://www.rsc.org.uk/news/watch-rsc-shows-from-home>

Andrew Lloyd Webber is currently streaming some of his best known shows on You Tube. To access this, just enter his name in the search box.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video)

Parenting Special Children are running the following events online via Zoom. They are free for Berkshire families

(£5 refundable booking deposit)

or at a nominal cost. Please click on the highlighted event title for further information and to book.



www.parentingspecialchildren.co.uk

EVENTS STARTING AFTER HALF TERM

Sensory Processing Workshop

Mon 1 June: 7-8.30pm

Dads & Male Carers Support Group

Tues 2 June: 7.30-9.30pm

Understanding and supporting children's behaviour during the COVID-19 lockdown

A series of three 90 minute online linked webinars to support families of children with SEND during the Covid-19 lockdown. You will be booking to attend all 3 webinars.

Tues: 2, 9 and 16 June: 7:30-9pm

Pre and Post Assessment Workshops: ADHD Series

You will be booking to attend all 3 sessions.

Introduction to ADHD: Thurs 4 June: 7-8.30pm

Anxiety and ADHD: Thurs 11 June: 7-8.30pm

Behaviour and ADHD: Thurs 18 June: 7-8.30pm

Sleep for parent/carers of children & young people with additional needs

Fri 5 June: 10.30am-12.30pm

Siblings: Adjustment, Experience and Needs with Dr Georgia Pavlopoulou

Fri 5 June: 7-8.30pm

To access all the events please click the link below

<https://www.parentingspecialchildren.co.uk/news/coronavirus/>

For help and advice or if you just need to talk:

Helpline and Diagnosis Support Service (Mon – Thurs, 10am – 2.30pm)

Tel: 0118 9863532, email: dss@parentingspecialchildren.co.uk

Trauma and Attachment Service

Tel: 07557 102623, email: tas@parentingspecialchildren.co.uk

Sleep Service

Email: sleep@parentingspecialchildren.co.uk

Community Support Groups

Tel: 07810 689679, email: supportgroups@parentingspecialchildren.co.uk

For any other enquiries please email admin@parentingspecialchildren.co.uk

Action Fraud is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber crime in England, Wales and Northern Ireland.

We provide a central point of contact for information about fraud and financially motivated internet crime. People are scammed, ripped off or conned every day and we want this to stop.

The service is run by the City of London Police working alongside the **National Fraud Intelligence Bureau** (NFIB) who are responsible for assessment of the reports and to ensure that your fraud reports reach the right place. The City of London Police is the national policing lead for economic crime.

Report fraud and cyber crime crime

You can report fraud or cyber crime using our **online reporting service** any time of the day or night; the service enables you to both report a fraud and find help and support. We also provide help and advice over the phone through the Action Fraud contact centre. You can talk to our fraud and cybercrime specialists by calling **0300 123 2040**.

When you report to us you will receive a police crime reference number. Reports taken are passed to the National Fraud Intelligence Bureau. Action Fraud **does not investigate** the cases and cannot advise you on the progress of a case.

<https://www.actionfraud.police.uk/what-is-action-fraud>



re3 Recycling Centres To Reopen For Limited Advance Bookings Only

re3 are reopening the Household Waste Recycling Centres at Smallmead on Island Road in Reading, and Longshot Lane in Bracknell, on Monday 18th May from 8am – 6pm daily. The service is there for people who are no longer able to safely store their additional waste at home and there will be a booking system in place.

You will only be able to use the recycling centres if you have made a booking in advance.

The online booking system will be live from 10am on Friday 15th May.

We have introduced the booking system to make sure we can manage the number of customers onsite at any one time. This will enable us to maintain social distancing between residents and staff. However, it also means that we will not be able to have as many customers onsite as we would during normal operating times and the sites will be at around 50% of their usual capacity.

Please only make a booking and visit the recycling centres if you cannot dispose of your waste through kerbside collections or safely store your additional waste at home.

BOOK A RECYCLING CENTRE VISIT

<https://www.reading.gov.uk/article/12982/re3-recycling-centre-the-tip-booking>

Please do not turn up to the sites without a booking as you will be turned away. We also ask that you bring proof of your booking, proof of residence, that you observe social distancing principles onsite and follow any instructions given to you by our staff who are here to help you





READING MUSEUM

Reading Museum have been busy creating new content for virtual visitors while museums have to remain closed. The latest highlight is animal art, a reflection on their current exhibit.

https://www.readingmuseum.org.uk/resources/animal-home-art-journeys?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn

COUNCIL WELFARE CALLS

The Council is calling residents to check on their welfare. This may include people that are on the NHS shielded list. We understand some residents may query if these calls are genuine.

Our staff will identify themselves as calling from the Reading Council. They may ask after your wellbeing, if you need any food or medication. They may check if you are able meet your personal care needs, such as washing and dressing.

They will **never** ask for personal, financial or bank details from you. If in doubt, please contact our customer services team between 8.30am to 5pm (Monday to Friday) via **0118 937 3787** (out-of-hours emergencies: **0118 937 3737**).

If you need personal support in these areas, or know someone that does, please call Adult Social Care on **0118 937 3747**.

Me2 Club has now moved into the next stage of our expansion and we are excited to announce that we are now welcoming applications from families throughout the entire Reading Borough.

Me2 Club would like to let everyone know that although they are not currently able to get young people started at activities with volunteers, their waiting list is still very much open and they are still accepting applications, ready to get going again as soon as it is safe to do so.

Me2 Club support young people aged 5-19 with additional needs and disabilities to take part in mainstream after school activities. They do this by recruiting and training volunteers to 'buddy' with young people at the activities so they can join in and have fun. For full details visit: <https://me2club.org.uk/about-us/>

Contact Nikki Tee

☎: 0118 969 6369
M: 07535277509

E: info@me2club.org.uk nikki@me2club.org.uk



ONE READING COMMUNITY HUB FOOD PARCELS

Our volunteers deliver food parcels to people's homes. They will provide reassurance that the support is from Reading Council and they **never** ask for money or to come inside your home uninvited. They will also provide ID on request.

Don't let anyone into your home you weren't expecting and always ask for ID. If you have any concerns and would like reassurance, you can call the hub on **0808 1894325** (freephone) from 9am to 5pm Monday to Friday, 9am to 1pm on Saturday.

Fun2Sing Carers Singing Group Wokingham



Online Zoom singing lessons for Wokingham carers every Tuesday @ 1pm

See the links below for some of the songs sung in the groups

Bring me sunshine: <https://www.youtube.com/watch?v=XbEQ2ZOQQkg&t=82s>

I can see clearly: <https://www.youtube.com/watch?v=89He4oyhJ8s>

3 Little Birds: <https://www.youtube.com/watch?v=Xt4EaOW2Omw>

For more videos take a look at the you tube channel
<https://www.youtube.com/channel/UCh7vad5ni89fRAHhcBCc4lQ>

If you would like to join the choir contact
Victoria Beebee (Group Leader)

info@voxskool.com

07776 133 507



Virtual Library Services

Currently Wokingham Borough's libraries are temporarily closed. However a large number of online library services are still available, including e-books, e-newspapers and audio-books. You can also join online free of charge by visiting the [Spydus website](#)

E-Services - Did you know you can borrow a range of e-books, e-audio, e-comics newspapers and magazines completely free of charge if you are a library member? Just go to <https://www.wokingham.gov.uk/libraries/library-services/e-books/> or download the RB Digital app and use your library card number to create a free account with a username and password.

E-books—<https://www.wokingham.gov.uk/libraries/library-services/e-books/>

- Read books on your home computer, smartphone or tablet
- Borrow 6 books at a time for up to 21 days

Choose from over 2000 books, with new titles added every month

E-audio- <https://www.wokingham.gov.uk/libraries/library-services/e-audio/>

- Listen to audio books on your phone, MP3 player, iPod or computer
- Choose from over 1000 books, with new titles added every month

No limit on the number of titles you can borrow

E-Comics

- Read graphic novels on your home computer, smartphone or tablet

Choose from over 1000 titles, including Marvel Comic titles, which can be borrowed for 30 days

Press Reader -E-newspapers and magazines are available via the Press Reader App, please visit: <https://www.wokingham.gov.uk/libraries/library-services/e-magazines/> for more information.

The service allows you to:

- Read and download newspapers and magazines on your computer, smartphone or tablet
- Read the current copy of most daily and Sunday newspapers, many local newspapers and a wide selection of magazines

Access a selection of newspapers and magazines from all over the world

Why not search our online catalogue from the comfort of your own home to see what's on offer: <http://www.wokingham.gov.uk/libraries>



Other Digital Services

Freegal Music - <https://wokingham.freegalmusic.com/home> Access 15 million songs from thousands of artists. You can download 3 songs per week, and listen to streamed content for up to 3 hours per day. Login to **Freegal Music** with your barcode and PIN, or download the Freegal Music app from the App Store or Google Play Store, then select your library and log in with your barcode and PIN. Please note: Some of the titles may contain content of a more adult nature. As with all library usage we recommend parents and carers give their child support in choosing appropriate items to match their needs.

Ancestry Online website - <https://ancestrylibrary.proquest.com/aleweb/ale/do/login> Is a family history website with access to census records, births, marriages and deaths records, and much more. Available at Wokingham, Woodley and Lower Earley libraries. Access to this resource has been temporarily expanded to library cardholders working remotely, courtesy of ProQuest and its partner Ancestry. To log in from home, visit the **Spydus website**- <https://wokingham.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/OPAC/HOME>

Join our Online Book Club and find some great book recommendations at https://www.facebook.com/groups/934226060371806/?source_id=171172089600164

Children's Activities:

We will also be running the following on our Facebook page and keep checking as we start more activities the coming weeks -

<https://www.facebook.com/wokinghamboroughlibraries/>

Online Origami Club

<https://wokinghamboroughlibraries.wordpress.com/2020/04/20/childrens-virtual-origami-club/>

Online storytime every Tuesday on our Facebook Page

<https://www.facebook.com/watch/?v=2486156945047967>

Rhymetime – a rhyme a week will be coming out on Friday on our Facebook page

<https://www.facebook.com/watch/?v=581258939150162>

Online Writing Club

<https://wokinghamboroughlibraries.wordpress.com/2020/04/22/childrens-virtual-writing-club-from-wokingham-borough-libraries-4/>

Lego Club weekly challenge

<https://wokinghamboroughlibraries.wordpress.com/>



If you need help with your shopping or collecting your medication please see below the support in your area

Reading

- One Reading Community Hub Support and Volunteer Line - 0808 1894325
- Reading Crossroads - Contact the hub on 0118 324 7333
 - Citizen Advice Reading -03444 111 306.

Wokingham

- Wokingham Crossroads - 0118 979 5324
- Citizen Advice Wokingham - 0300 330 1189



**We are still open
contact us any time between 9-5pm
Monday - Friday
Tel : 0118 324 7333
Email : ask@berkshirecarershub.org**

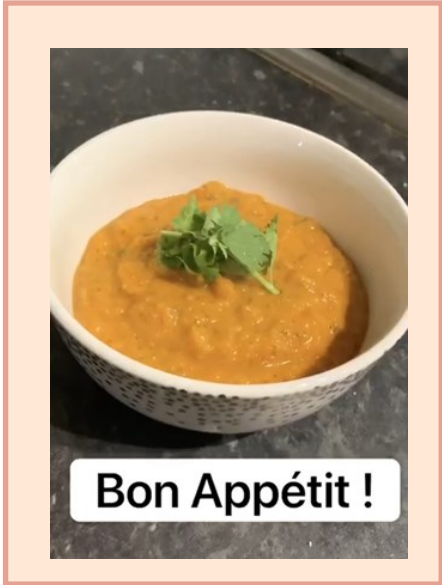
Do You Receive This Newsletter Directly From Us?

To arrange a Regular Direct Copy

Contact us on : 0118 324 7333

Or : ask@berkshirecarershub.org

Cooking from home with a step by step cooking guide



Butternut Squash and tomato Soup

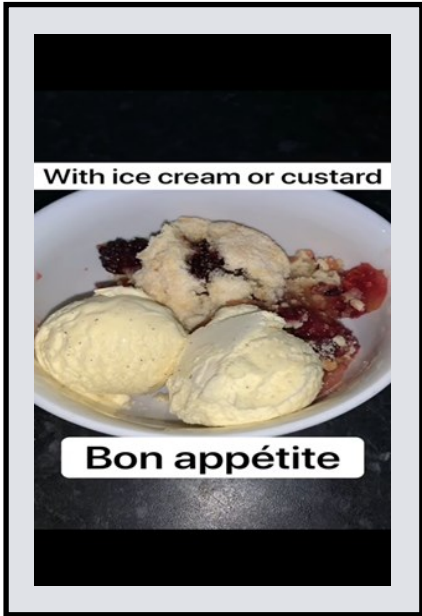
<https://youtu.be/W8UZ1xUgoog>

PREP TIME : 10 mins
COOK TIME : 45–50 mins

Green Curry with coconut rice

<https://youtu.be/VHj1ZWx EE>

PREP TIME : 10 mins
COOK TIME : 40 mins



Spiced Apple Crumble

<https://youtu.be/bLZ3K BVNzs>

PREP TIME : 10 mins
COOK TIME : 30-40 mins