

Carers Hub

Reading, West Berkshire and Wokingham

Newsletter

February 2020



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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 Last Two Pages
For Support Groups Near You

***Do You Receive This Newsletter
Directly From Us?***

To arrange a Regular Direct Copy

Contact us on : 0118 324 7333

Or : ask@berkshirecarershub.org

Hidden Disabilities

How can wearing the hidden disabilities sunflower benefit you?



- People around you may ask what they can do to assist you
- You or your dependent can use the Hidden Disabilities sunflower to tell us about the additional help you may need.

For more information check out the link below

<https://hiddendisabilitiesstore.com/about-hidden-disabilities-sunflower>

5 Myths about claiming Attendance Allowance

Some people miss out on Attendance Allowance because they mistakenly believe they don't qualify or are put off by the claims' process, Do any of them apply to you?

- **My claim was turned down'**

Your circumstances may have changed since the last time you applied especially if it was a while ago. If your care needs have increased you may find you're **now eligible**.

- **My income is too high'**

It is assessed purely on your disability or health condition and your dependents or supervision needs. **It isn't means-tested** so it doesn't matter what you earn or how much you have in savings

- **I can get by without it'**

You're paid into the system all your life. Now it's time to get something back. Think about what support or equipment **might help you** in carry on living independently at home for longer.

- **I don't want a carer coming in'**

You don't have to spend Attendance Allowance on a carer. Many older people spend it on **other types of help in the home, or equipment** to help them stay independent.

- **The claim forms too long'**

Ask your **local Age UK** if they can help you fill it in. **Call Age UK Advice for free on 0800 169 65 65** or visit your nearest Age UK

CARERS STORY

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

Carers Hub on 0118 324 7333 or ask@berkshirecarershuh.org

What is a coronavirus?

Coronaviruses are a group of viruses that cause diseases in mammals and birds. In humans, the viruses cause respiratory infections which are typically mild including the common cold but rarer forms like SARS and MERS can be lethal.

Symptoms

Cold- or flu-like symptoms usually set in from two to four days after coronavirus infection, and they are typically mild.

Symptoms include:

- **Fever.**
- **Dry cough.**
- **Difficulty breathing.**
- **Severe acute respiratory infection (including shortness of breath, dry cough or sore throat).**
- **Loss of appetite.**
- **Sweating and shivering.**
- **Headaches and muscle aches.**
- **Pneumonia symptoms - increasing cough and shortness of breath, sometimes with blood-stained or rust-colored sputum.**

There is no cure, so treatments include taking care of yourself and over-the-counter (OTC) medication:

- **Rest and avoid overexertion.**
- **Drink enough water.**
- **Avoid smoking and smoky areas.**
- **Take acetaminophen, ibuprofen or naproxen to reduce pain and fever.**
- **Use a clean humidifier or cool mist vaporizer.**

How do I get help if I think I might be affected?

According to Public Health England's guidance:

- **You should stay indoors and avoid contact with other people.**
- **You should not attend your GP practice - they are not equipped to handle cases of this coronavirus as you will need specialist testing and care.**
- **You should call 111 for advice - make sure you let them know if you're in one of the at risk groups above.**
- **You (or the clinician) should call ahead before going to hospital and let them know you think you may be affected.**
- **You should not use public transport or taxis to get to the hospital.**
- **You will need to be put into isolation away from other patients and staff.**
- **When you arrive, you will need to expect the team treating you to wear protective equipment until the infection has been ruled out or confirmed.**



Crossroads Care Wokingham

Wokingham Crossroads provides both practical home help and respite breaks to support unpaid carers and to assist with Contingency planning in Wokingham, Bracknell Forest and surrounding areas. For more information, please contact the office .

Tel: 0118 979 5324

Email: karen.mustard@wokinghamcrossroads.org

www.wokinghamcrossroads.org

Email contact@wokinghamcrossroads.org



Crossroad Care Reading

Crossroads Care Reading, provides a caring and enabling place for carers and people with care needs who like to socialise, enjoy activities and outings.

The groups are FREE to those 18 years and over and living in Reading. Operating an open referral system. Carers can refer themselves to a group if they wish.

Call 0118 945 4209

For more information.

www.readingcrossroads.org



Crossroads Care West Berkshire

Crossroads Care West Berkshire is a domiciliary care agency providing care and support to people who live in the community. They offer a flexible and varied service to people who care for others by supporting the people they care for.

Broadway House, 4-8 the Broadway

Newbury

RG141BA

0163530008

care@oxfordshirecrossroads.org.uk



Carers Hub

Call us: 01183247333 Email us ask@berkshirecarershub.org



Donations Always Welcome

Reading, Wokingham and West Berkshire carers Hubs are a charity.

We are always grateful for any donations big or small.

Any donations help us put on more of the nice things for carers like **Activities, Events, Trips and Pampering** etc.

If you wish to make a donation please use the form below.

If you are a taxpayer, we can reclaim tax on every donation you make at no extra cost to you using gift aid.

Help keep it local by writing the area would like the donation to be used on the back of the cheque Reading, Wokingham or West Berkshire.

I would like to make a donation of £_____ to reading and west Berkshire carers Hub.

Cheques made payable to Carers Trust East Midlands

I am a UK taxpayer _____ Please tick

Name _____

Address _____

Post Code _____

Please send Cheques to ;

Unit 14 Albury Close

Reading

Berkshire

RG301BD

Charity Registration Number: 1051649

Carers Hub

Call us: 01183247333 Email us ask@berkshirecarershubs.org



Do you have a child under 5 with special needs?

Swings & Smiles is a charity providing support, friendship and play for children with special needs and their families.

The session is **£2.50 per family**

On every Wednesday

From: 11am-12pm

At: Coley Park, Community Centre, 140 Wensley Road, Reading, RG1 6DW

If you would like to come to a mini morning please book in advance by emailing kellie@swingsandsmiles.co.uk or calling 01635 285170

New Drop-in Sessions For Carers at

Drop-in Sessions at

Western Elms Surgery

For unpaid Carers

Every Friday

9.30 - 12.30pm

Help with form filling, Information and advise



Stroke Association

Caring About Stroke

Support Group for stroke survivors and their family/Carers

Every 2nd Wednesday of the Month

Next dates are

12th Feb

11th March

8th April

1,30-3,30pm

At

**The Latter-Day Saint Chapel
280 Meadway, Tilehurst,
Reading, RG30 4PE**

New Working Carers Support Group in Reading

*****Starting Wed 5th February 2020*****

Every 1st Wed of Each Month

**Abbey Baptist Church (behind central library), Abbey Square,
Reading RG1 3BE from 6pm 8pm.**

Refreshments provided.

Parking- Few Spaces in the church car park.

For further information, please call the hub on 0118 324 7333.

Alternately email ask@berkshirecarershub.org

Public Consultation

5th January—7th February 2020

We would like to hear from you on the proposed changes to the Council's policy to provide a more flexible and responsive service.

The aim of the changes is to provide discretionary grants that enable work on homes to allow independent living, delay hospital admissions and prevent falls.

To find out more visit: www.reading.gov.uk/disabledadations



Park 60 Over 50'S Exercise

**FREE taster session on 5th
February 2020**

Every Wednesday 10.30– 12pm

At: Park United Reformed Church

**Palmer Park Avenue, Reading,
RG6 1DN**

**For more information and book
your FREE session**

Contact Gill Borrow

Gall.borrow@gmail.com

07932 188 129

01628 483895



NEW events for next term

- Adopted Adolescents and Teenagers in Foster/Kinship Care
- Attachment Focused Re-parenting for Both Parents Course
- Pathological Demand Avoidance Course
- Pathological Demand Avoidance and Schooling/ Education

To find out more information on the courses above and other courses please email

admin@parentingsepcialchildren.co.uk

the**community**
furniture**project**



DONATE YOUR UNWANTED FURNITURE, ELECTRICAL AND HOUSEHOLD ITEMS TO HELP OTHERS

The Project operates a furniture and household goods re-use service. Our Project enables people to donate items, knowing that they will be put to good use in helping others to improve their living conditions and benefiting the most vulnerable members of our local community. Surplus funds generated through the operation of the Project directly support the wide range of other services provided by the charity to vulnerable members of the local community.

OPEN TO THE WHOLE COMMUNITY

The furniture project sells a wide range of donated furniture, electrical and household items including chairs, sofas, tables, beds, fridges, washing machines, bric-a-brac and more. Open to everyone, from 9-5, Monday to Saturday, we operate a two-tier pricing system, charging those on benefits and pensions 30% below the marked price of most items. Individuals and families who are referred by other agencies due to having an exceptional need due to financial or health issues are subject to meeting set criteria are provided with items free of charge.

Unit F Hambridge Road Industrial Estate, Bone Lane, Newbury, RG14 5SS

| enquiries@cfpnewbury.org

Newbury - 01635 43933



Winchcombe Place care home in Newbury

- **Start of a 5 week Advanced Dementia course.**

For families of people with advanced dementia (5 week course every Wednesday thereafter)

29th January 6pm – 7pm

- **Dementia Cinema**

2nd Saturday every month is the dementia cinema and hairdressers. 11am onwards

(Booking essential)

- **Champagne and Canapé evening**

28th February 6.30 pm

Meet the managers Champagne and Canape evening Explore Winchcombe and the help and support available.

- **Understanding Dementia**

25th March - 2pm – 4pm

Understanding Dementia with Dr Nori Graham - VP of the Alzheimer's Society

For any info on the above please contact

vicki.lambourne@careuk.com

03333054864

Winchcombe Place

Maple Crescent

Newbury

RG14 1LN

Valid In Any Better Centre In The UK

Gym Memberships

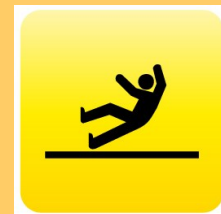
- Your membership includes:
Inclusive access to the gym, fitness classes and swimming
- Inclusive personalised fitness induction and personal exercise programme
- Free entry for an accompanying carer
- Proof of Eligibility must be provided. For details visit <https://www.better.org.uk/memberships/all-inclusive-membership/better-hf-inclusive>

Benefits include access to All Better Centre's across the UK. Please note number of Centre's may be subject to change.

Avoid a Fall this Winter

Icy pavements and roads can be extremely slippery. Take extra care if you go out, and wear boots or shoes with good grip on the soles.

Remember that black ice on pavements or roads might not be clearly visible



Hanging basket session For Wokingham Carers ONLY
19th March 2020 at 11.00-14.00

Venue: **St Paul's Parish**
32 Reading Road
Wokingham
RG41 1EH



if interested please call the hub on 0118 324 7333 to register.
Please be aware that places are limited so this is first come first serve.

Great Christmas get together at the
Bradbury Centre.
With lots of singing, dancing and great
food.
A fantastic time had by all.



We would like your help with choosing from the two activities below for the next activity in June

And since it is your activity, we would like to get your opinion

We will go with the activity that the majority of carers vote for.

Pottery painting



Boat trip – Windsor

Please call

Christiana Assuming on this
number 0118 324 7333

or

ask@berkshirecarershut.org.

Thank you for taking part





Do you have?

- Heart disease
- Kidney disease
- Liver disease
- Diabetes
- COPD

Flu can be serious and lead to hospitalization

Speak to your GP Surgery or Pharmacy today about getting a Flu jab, Its FREE because you need it.

nhs.uk/flu vaccine



Grilled Asparagus and Shiitake Taco



PREP TIME : 0 hours 15 minutes

TOTAL TIME : 0 hours 20 minutes

Ingredients

- 3 tbsp. Cooking oil
- 4 garlic cloves, crushed with press
- 1 tsp. ground chipotle chile
- 1/2 tsp. salt
- 8 oz. shiitake mushrooms, stems discarded
- 1 bunch green onions, trimmed
- 8 corn tortillas, warmed
- 1 c. homemade or prepared guacamole
- Lime wedges
- Coriander
- Asparagus
- sauce, for serving

Method

- Heat grill on medium. In a large baking dish, combine oil, garlic, chipotle, and salt. Add asparagus, shiitakes, and green onions; toss to coat. Grill asparagus until tender and lightly charred, turning occasionally; 5 to 6 minutes. Grill shiitakes and green onions until lightly charred, turning occasionally; 4 to 5 minutes. Transfer vegetables to cutting board.
- Cut asparagus and green onions into 2" lengths and slice shiitakes. Serve with corn tortillas, guacamole, lime wedges, coriander, and hot sauce.

Wokingham Upcoming Support Groups

For further details call 0118 324 7333



For further details call the hub : 0118 324 7333

When/Where	Feb	Mar	April	Every Month
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Genral Group - The Bradbury Centre Rose Street				Every 2nd
Wokingham RG40 1XS 10-12pm	12th	11th	8th	Wednesday
Stroke Carers Group - The Bradbury Centre Rose				Every 2nd
Street Wokingham RG40 1XS 10-12pm	13th	12th	9th	Tuesday
Alzheimers Café - The Bradbury Centre Rose				Every Mth
Street Wokingham RG40 1XS 1-2.30pm	4th	31st		Tuesday
Carers Forum - St Pauls Parish Rooms Reading				Every two Mths
Road Wokingham RG41 1EH 10-12pm		3rd		Tuesday
Long Term Conditions Carers Group - Wokingham				Every 8 wks
Hospital 41 Barkham Road RG41 2RE 6-7.30pm	4th	31st		Wednesday
NEW Parent Carers Group - Our House Toutley				Term Time ONLY
Road Wokingham RG41 1AN 9.30-11.30am	14th	6th	3rd	Friday every 4 wks

Message in the bottle scheme - Launched by Lions Clubs across the UK

Essential information kept in the fridge, emergency service will know about it because there are stickers on the front door and fridge. Bottles are free and available

Contact the hub if you would like one: 0118 324 7333 or email ask@berkshirecarershub.org

Online Training

We are sorry to inform you that we will no longer be putting on online training due to funding.

We are still putting on practical training like, First Aid, moving and positioning

These will be advertised in the newsletters.

Sorry for any inconvenience this may cause.

Regards

The Team

Reading, West Berkshire and Wokingham Carers Hub



West Berkshire Upcoming Support Groups

For further details call 0118 324 7333



Area	When /Where	Feb	Mar	Apr
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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	20th	19th	16th	Every 3rd Thurs of the month
Pangbourne	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12—2 pm	5th	4th	1st	Every 1st Wed of the month
Newbury	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm	27th	26th	23rd	Every 4th Thurs of the month
Hungerford	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 -12:00	18th	17th	21st	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, RG19 3AP 10am - 12pm	19th	18th	15th	Every 3rd Wed of the month
Thatcham	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	12th	11th	8th	Every 2nd Wed of the month

Reading Upcoming Support Groups

Area	When /Where	Feb	Mar	Apr	
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Whitley	Stroke - Whitley Community Café, The Hub, 252 Northumberland Av. RG2 7QA 10-12pm	6th	5th	2nd	Every 1st Thurs of the month
Caversham	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG 11- 12:30pm	3rd	2nd	6th	Every 1st Mon of the month
Tilehurst	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE 10:30- 12:00pm	18th	17th	21st	Every 3rd Tues of the month
Whitley Wood	General- Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH 10- 12pm	25th	31st	28th	Every Last Tues