

# Carers Hub

Reading, West Berkshire and Wokingham

Newsletter

October 2019



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## Save The Date

Carers Rights Day

Thursday 21st

November 2019

*To arrange a Regular Direct Copy*

**Contact us on : 0118 324 7333**

Or : [ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)

## **October is Breast Cancer Awareness Month.**

### **Macmillan Cancer Support—Mobile information and support service**

to bring free, confidential information and support to anyone who has questions or worries about cancer, for themselves or anyone else. Look for our big green bus which is staffed by experienced Cancer Information and Support Specialists. On board there is a wide range of information for people affected by cancer and we can also help with questions about reducing your risk or signs and symptoms. If you are pressed for time you can just pick up some leaflets or ask a quick question. We can also point you in the right direction for other local services.

Reading by Sainsbury's	Broad Street	RG1 2BH	31/10	09:00-17:00
Newbury by Tesco	Northbrook Street	RG14 1DJ	29/10	10:00-17:00
Wokingham	Market Place	RG4 1AS	30/10	10:00-16:00

**Find out more:** Macmillan Support Line on: 0808 808

[mobileinfounit@macmillan.org.uk](mailto:mobileinfounit@macmillan.org.uk)  
[www.macmillan.org.uk/mobileinfo](http://www.macmillan.org.uk/mobileinfo)

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### **Newbury Breast Care Support Group**

**Regency Park Hotel, Bowling Green Road, Thatcham, RG18 3RP**

2nd Tuesday of the month at 2:30 and some Thursday evenings at 7.30pm in the Regency Park Hotel, Thatcham.

Services provided include: Relative support, befriending, bereavement support, cancer information materials, home visiting, telephone helpline, transport service.

Just come along to our next meeting, or get in touch with us on the details below. Find out more from Maureen Le Du on 07795003040 (Anytime)

## Winter Watch

Winter Watch is run by the Council and a number of local voluntary and health services to make sure you do not suffer from cold in your home during the winter months.

Winter Watch is available to Reading residents who are on a low income and either over 60, have very young children, have a disability or health concerns, have never lived independently, or struggle financially.

Winter Watch can:

- give general energy advice
- explain energy bills and show how to submit meter readings
- add residents to the energy companies priority list (subject to criteria)
- advise on smart meters and explain how they work
- apply for the £140 warm homes discount (for those on certain means-tested benefits)
- help switch energy suppliers
- give emergency credit in times of crisis
- help set up complicated heating timers
- advise on running costs of household appliances
- advise on pay as you go meters and explaining what each screen means
- help you manage large energy debts
- lend heating equipment
- give guides on saving money and saving energy
- help with draught proofing



You can apply for Winter Watch until 31 March by phoning 0118 937 3747.

**Don't forget the -**

## **NEW Support Group - Caring about Stroke**

A support group for stroke survivors and their family/ carers

**Initial Meeting dates:**

Wednesday 9th October

Wednesday 13th November

Wednesday 11th December

Meetings will be from 1:20pm to 3:30pm



**Venue:** The Latter-day Saint chapel, 280 The Meadway , Tilehurst , Reading, RG30 4PE  
(at the junction with Church End Lane)

To find out more about attending or volunteering to help at the group, please contact:

Diane Robson or Dave Riley on 0118 321 9349

## All Areas



Are these statements True or False?

Q: There are 4 million carers in the UK

A: **False - There are an estimated 8.8 million carers in the UK**

Q: The annual contribution Carers make to the UK economy is equivalent to £119 million.

A: **True, the amount is considerably more than the annual cost of the NHS**

Q: Carers Allowance is £90 a week

A: **False, it is £66.15 for a minimum of 35 hours, equivalent to £1.89/hour**

Q: 13,000 of the UK's young carers care for over 50 hours a week.

A: **True, most care for a parent or other close family member**

Q: 72% of carers in the UK said they have suffered mental ill health as a result of their caring role

A: **True, carers are twice as likely to suffer poor physical and mental health compared to non-carers.**

Q: 1 in 7 workers has a caring responsibility outside their caring role

A: **True, and 1 in 5 give up work to care**

Q: ½ million people provide more than 50 hours of care a week

A: **False - over 1.3 million carers do so for more than 50 hours a week**

Q: Every day, 1000 people take on a caring responsibility

A: **False, every day 6,000 people take on a caring responsibility  
- that's 2 million a year.**

For more information on Carers Rights visit:

<https://www.carersuk.org/news-and-campaigns/carers-rights-day> .

Or come to our carers Rights Day events on 21st November.

### Sport In Mind

Find Out

We are delighted to announce the Charity Comedy Fundraiser on Thursday 10th October 2019, in support of Sport In Mind.

Hosted at Reading Football Club on World Mental Health Day, this event will be an entertaining and fun night of stand-up comedy, raising funds to help the mental wellness of people in the Berkshire area through sport and physical activity. Join us for this fantastic event, the first of many we hope in support of those who need it.

Contact Us: Petal Events, Kemp House, 160 City Road, London, EC1V 2NX

Email: [info@petalevents.co.uk](mailto:info@petalevents.co.uk), Web: [www.petalevents.co.uk](http://www.petalevents.co.uk)

Tel: 07547 608740

### Caversham Older Adults Fit club

Chair based class at Beechwood Grove. (1 Albert Road, Caversham, Reading, RG4 7AN)

Start date: Wednesday 2<sup>nd</sup> October 2.30p.m.

Number 22 bus stops right outside.

Plenty of parking is available at this newly built hotel-style centre and a very pleasant bistro is open during the day, should you fancy a cuppa before or after the session.

The class will be 30 minutes in length and will consist of mobility, pulse raising, strength and flexibility exercises. It will also challenge your co-ordination and sense of rhythm as we work to the beat of some of your favourite old tunes.

Most of the time you will be seated, but the middle section can be done standing behind your chair if you are able. Your first class with me will be free of charge and thereafter: £4.00 to residents and £5.00 to non-residents.

[lucinda@coaf.co.uk](mailto:lucinda@coaf.co.uk) 07900906056 [www.coaf.co.uk](http://www.coaf.co.uk)

## Older People's Day 2018 - Monday 1st October

**READING is celebrating the United Nation's Older People's Day on Monday 1st October 2018 with a fun-filled day at Broad Street Mall (10 am - 3 pm)**

The annual free event celebrates the contribution of older people to our communities. The festivities kick off at 10 am with a welcome from the Mayor of Reading, Councillor Debs Edwards.

This will be followed by a range of interactive activities throughout the day including

- Singing
- Dancing
- Choirs
- Tai Chi
- Art and craft workshop
- Acting and writing workshops

There will also be information and advice available from around 40 local organisations.

The focus for this year is **'bringing people together'**, connecting people from diverse cultures and backgrounds to other communities and to local services.

The event will be an opportunity for older people, those reaching retirement age and those with concerns about older parents and neighbours. Come along to find out about activities and opportunities that can help keep you well and connect to your community.

### Additional information:

- Weather permitting, there will be a relaxed hour-long guided history **walk around Reading Abbey Ruins** starting at 12pm. Places can be booked via Reading Museum's stall on the day of the event.
- There will also be a **walk around the new Lavender Garden** on the old Civic Centre site. Come along to find out more.
- **Therapists for You** based on 1st Floor of the Broad Street Mall, is offering 4 free massage/posture assessment slots as prizes in a raffle.

Come and join the fun! Invite your friends and anyone you know who might benefit.

For any further information, please email [opwg@reading.gov.uk](mailto:opwg@reading.gov.uk)

or call 0118 937 2383

## Carer's Assessments.

Getting you the support you need when you need it.

### What is a Carer's Assessment?

The Carer's Assessment is a discussion between yourself and one of our Carer Support Workers where we look at how your caring role affects your life, including your physical, mental and emotional needs.

### What is covered in a Carer's Assessment?

The following areas are covered in the carer's assessment:

- What you enjoy doing to relax
- Planning for emergencies
- If you are willing or able to carry on in your caring role
- Your caring role
- Your feelings about caring  Your health
- Your work
- Other family commitments What should I tell you?

Please be honest when telling us about your caring role and how it affects your life, sometimes carers can feel tempted to put on a brave face or understate their responsibilities.

It is best to be realistic about your situation including the amount of care you are willing and able to provide.

### Preparing for your

### Carer's Assessment

Here are some examples of the questions we will ask you during your assessment:

Do you have any physical or mental health problems, including stress or depression that make your caring role more difficult?

What, if anything could be done to make your life easier?

Does caring make it difficult to manage and maintain your home?

Does caring mean you sometimes skip meals or don't maintain a healthy diet?

Without support is there a risk that you might not be able to continue in your caring role?

Does being a carer affect your relationships with other people, including the person you are caring for as well as other family and friends?

Would you like more time to yourself so that you can sleep, take a break or enjoy a leisure activity?

Would you like to do some training, vol-

We can send you a copy of the Carers Assessment for you to complete yourself, or we can come and visit you in your home to help you complete one. You can also

complete an online form at <http://www.reading.gov.uk/carers-assessment>

## Parent Carers.

We are no longer assisting parent carers who are caring solely for children under the age of 18, to complete carers assessments.

We are supporting them with all the other services we provide—information, advice and guidance, grants, free gym membership, support groups, training and annual events (Carers Week and Carers Rights Day). We do not help with appeals or advocacy, but can signpost to services who are able to.

If you need support and you have children under the age of 18, you will need to contact your social worker if you have one or —

Brighter Futures for Children - also known as the Children's Single Point of Access (CSPOA) on **01189 373 641**

## Wokingham

Now for children up to 12 years old!



# BOBiCATS have arrived!

BOB the BOBiCat has arrived at Shinfield Rangers FC and he's on the look out for new boys and girls to come and play football at his new BOBiCats Football Centre!

This exciting new Centre provides young children with disabilities who are aged 5-12 with the opportunity to play regular, fun and engaging football.



Hi kids, I'm BOB the BOBiCat!

**Winner of the FA Project of the Year Award 2019 from Berks & Bucks FA**

	<b>Date/Time:</b>	Sundays, 1:00pm - 2:00pm September and October 2019
	<b>Venue:</b>	Ryesh Green Sports Hub Ryesh Green, Reading, RG7 1EP
	<b>Contact:</b>	Toni Cannon (07833 251419) ToniCannon@hotmail.co.uk




To find out more about our new BOBiCats Disability Football Centres please contact Jonathan Coles at Berks & Bucks FA via 01235 558450 or email [Development@Berks-BucksFA.com](mailto:Development@Berks-BucksFA.com)

Berks & Bucks FA Club of the Year

## From: Blue badge – hidden disabilities, project team

Subject: Extension of blue badge scheme to include hidden disabilities  
Date: 28 August

### Background

- The blue badge parking scheme will be extended to apply to those who suffer with non-visible conditions following a Department for Transport announcement on 15 June.
- Applications will be open on 30 August.
- Local authorities are responsible for deciding if an applicant meets the eligibility criteria, which are being guided by the Department for Transport.
- Not everyone with a non-physical disability will qualify for a badge. All applications will be processed through the council's website.
- The link for this is: <https://www.wokingham.gov.uk/parking-and-transport/>

# The following are the upcoming activities Wokingham Outreach Service has put

## Free POETRY SESSION

Dates: 17/10/2019

Time: 6:30pm – 8pm

Venue: Bradbury Centre, Wokingham

If you are interested in any of the activities please contact the Hub to register your interest.

**Please be advised that places are limited and therefore is a first come first serve basis.**

Hub: 0118 324 7333 Email: [ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)



## Free PAMPERING SESSION (seated massage, head massage, reflexology )

Date: 23/01/2020 Time: 11:30– 14:30

Venue: **The Haven Wellbeing Hub**

Unit 1-3, 171 Evendons Lane, Wokingham, RG41 4EH

**Please be advised that places are limited and therefore is a first come first serve basis.**



BOOK NOW  
**ACTIVE AGEING FORUM**  
**15.10.19**  
13.30–16.30  
Ryeish Green Sports Hub, Wokingham  
Exploring the positive impact being more physically active can have on issues commonly associated with ageing



### [Active Ageing Forum 15.10.19 at Ryeish Green Sports Hub, Wokingham.](#)

*Anyone who wants to improve the quality of life for older people welcome!  
This event will explore the positive impact being more physically active can have on issues commonly associated with ageing. It will also feature presentations and discussions covering principles and possible solutions to overcome barriers and challenges often associated with targeting this audience.*

All the details for this event can be found here -

<https://getberkshireactive.org/activate-ageing-event-october-20>



## Carers Training

Date: **3 Oct**, Start time: **14 00 - 15 30**, spaces left - **10**  
Wheelchair accessible: **Yes** Hearing loop available: **No**

Address— **Thatcham Library, Thatcham, Berkshire, RG18 3AG**

Book here - <https://www.dementiafriends.org.uk/WEBRegisterFriend?eventid=a050J00000cLOfGQAW>

**Or call us at the Hub and we will help you book on to the session.**

### Do you qualify for our WaterSure Plus scheme?

We have simplified our criteria to make it easy to apply. You should qualify if:

- Your gross yearly household income is less than **£16,105** before any deductions, or
- Your gross yearly household income is less than **£19,201** if you live in a London borough.
- You can also deduct any **disability payments** from your income.

**Also don't forget to sign up to the priority listing if you are likely to need support in a power or water shortage (criteria applies).**

#### **How to join the priority services register**

We aim for your taps to have a constant flow of water, 24 hours a day, 365 days a year. But if things ever do go wrong with your water or waste water services, we can offer extra help and support if you need it. By signing up to our free priority services register, we can tailor our services to you and prioritise how we support you if your water stops, as well as our day to day conversations with you.

You can sign up our register if you or a family member:

- are eligible for a pension
- have restricted mobility or a physical disability or have a chronic or serious illness
- need a consistent supply of water for a medical condition or equipment (such as dialysis or skin conditions)
- in need of foreign language or further communication support (such as dyslexia)
- have problems making decisions that affect your daily life (such as dementia)
- are registered blind or partially sighted or are deaf or hard of hearing
- are living with a mental health condition or are experiencing temporary life changes

are a family with young children under 5

You can email us on [ecs@thameswater.co.uk](mailto:ecs@thameswater.co.uk)

Or by the phone: **0800 009 3652** (9am to 5pm, Monday to Friday)

If your hearing or speech is impaired, you can contact us using the [Next Generation Text Service \(NGTS\)](#).

## Caring for someone under 18

If you're looking after a child who needs more help than other children of their age because of an illness or disability, you should initially contact the

[West Berkshire Contact Advice and Assessment Service \(CAAS\).](#)

**Contact, Advice and Assessment Service (CAAS): 01635 503 090**

## Transition from Children's Services

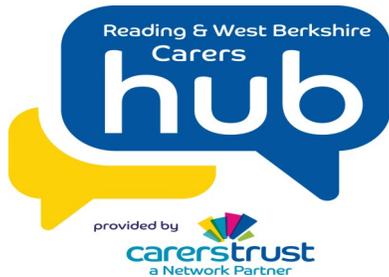
Where Children are receiving support services and they or their families believe that they will continue to need some level of support through adulthood the Council will assist to plan this 'transition' from childhood to adulthood.

For all children, leaving full time education is a major change and no less so for young people with particular needs.

Services provided by Adult Social Care will necessarily be different from those provided within an educational framework and we would advise that parents and children engage with us at an early stage in order to understand whether an individual young person will be eligible for support when they reach the age of 18, and if so what level and type of support is likely to be available. Although it is recognised that circumstances can change over time,

where possible we would expect to have an initial conversation with families and children at the age of 14 in order to outline the type of support that may be available; from that point we will agree with families how best to formulate a plan for support into adulthood, how that will lead on from services provided before reaching 18, and what key contact points and planning processes will need to be established to make the 'transition' into adulthood as smooth as possible to suit the particular circumstances of the individual young person and their family. In order to initiate this discussion the starting point will be to call the

**Contact Advice and Assessment Service (CAAS) on 01635 503090.**



## **West Berkshire Mental Health Carers Support Group**

**Every Second Wednesday of the Month**

**6:320 pm—8:30 pm**

**Hillcroft House**

**Rookes Way**

**Thatcham**

**RG18 3HR**

**Every Third Wednesday of the Month**

**10:00 am — 12:00 Noon**

**Tasted of England Pub**

**Lower Henwick Farm**

**Thatcham**

**RG19 3AP**

**Call 01183247333 for Details**

Carers Hub

Call us: 01183247333 Email us [ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)

# Old Fashioned Pumpkin Pie



## Ingredients

750g/1lb 10oz pumpkin or butternut squash, peeled, deseeded and cut into chunks

350g sweet shortcrust pastry

plain flour, for dusting

140g caster sugar

1/2 tsp salt

1/2 tsp fresh nutmeg,

grated 1 tsp cinnamon

2 eggs, beaten

25g butter, melted

175ml milk

1 tbsp icing sugar

whipped cream (optional)

## Method

- Place the pumpkin in a large saucepan, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.
- Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper, and cook for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.
- Increase oven to 220C/200C fan/gas 7. Push the cooled pumpkin through a sieve into a large bowl. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.
- Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled with whipped cream (optional)

# Wokingham Hub Carers Support Groups 2019

<b>General Carers Group - Group held every 2nd Wednesday of the month 10-12pm</b>	
<b>Held at: The Bradbury Centre Rose Street, Wokingham Berkshire RG40 1XS</b>	
9th October	
13th November	
11th December	
8th January	
<b>Stroke Group 10 - 12pm</b>	
<b>Held at: The Bradbury Centre Rose Street, Wokingham Berkshire RG40 1XS</b>	
10th October	
14th November	
12th December	
9th January 2020	
<p><b>Alzheimers Café Carers group - group meets every 2 weeks on Tuesdays 1.30 -3pm. Support for your cared for is available at this group. Please call us to arrange your first visit to the group.</b></p> <p><b>The Bradbury Centre Rose Street ,Wokingham,Berkshire RG40 1XS</b></p>	
1st & 15th October	
<b>29<sup>th</sup> October – NO MEETING</b>	
12th & 26th November	
10th December	
<b>Carers Forum 10am - 12pm</b>	
<b>held at: St. Pauls Parish Rooms ,Reading Road Wokingham, Berkshire, RG41 1EH.</b>	
5th November	
7th January 2020	
<b>Long Term Conditions Carers Group</b>	
<b>Sue Ryder Day Hospice every 8 weeks Wednesday 6pm-7.30pm</b>	
<b>Wokingham Hospital, 41 Barkham Road, Wokingham, Berkshire, RG41 2RE</b>	
22nd October	
<b>NEW! Parent Carer Group</b>	
<b>See dates below Time - 9.30 - 11.30 AT Our House, Toutley Road, RG41 1AN</b>	
11th October	
15th November	

## West Berkshire Upcoming Support Groups

For further details call 0118 324 7333



Area	When /Where	Oct	Nov	Dec
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### Groups for carers of people with any disability or illness

<b>Lambourn</b>	Lambourn Memorial Hall, Oxford Street, Lambourn, RG17 8XP. <b>10-12 pm</b>	17th	21st*	19th	Every 3rd Thurs of the month
<b>Pangbourne</b>	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. <b>12—2 pm</b>	2nd	6th	4th	Every 1st Wed of the month
<b>Newbury</b>	Winchcombe Place, Maple Crescent, Newbury RG14 1LN <b>10am -12pm</b>	24th	28th	Closed	Every 4th Thurs of the month
<b>Hungerford</b>	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG <b>10:30 -12:00</b>	15th	19th	17th	Every 3rd Tues of the month

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

<b>Thatcham</b>	Taste of England Pub, Lower Henwick Farm, Thatcham, RG193AP <b>10am - 12pm</b>	18th	20th	18th	Every 3rd Wed of the month
<b>Thatcham</b>	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. <b>6:30 pm - 8:30 pm</b>	11th	13th	11th	Every 2nd Wed of the month

\* Support group has been cancelled due to Carers Rights Day

### Reading Upcoming Support Groups

Area	When /Where	Oct	Nov	Dec	Of Every Month
<b>Whitley</b>	Stroke - Whitley Community Café, The Hub, 252 Northumberland Av. RG2 7QA <b>10-12pm</b>	3rd	7th	5th	Every 1st Thurs of the month
<b>Caversham</b>	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG <b>11:00- 12:30pm</b>	7th	4th	2nd	Every 1st Mon of the month
<b>Tilehurst</b>	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE <b>10:30- 12:00pm</b>	15th	19th	17th	Every 3rd Tues of the month
<b>Whitley Wood</b>	General- Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH <b>10:00- 12pm</b>	29th	26th	31st	Every Last Tues
<b>Cemetery Junction</b>	General - Palmer Park Library, St Bartholomews Rd, Reading, RG1 3QB <b>10:30- 12pm</b>	23rd	27th	25th CXD	Every 4th Wed of the month



# Carers Rights Day



## Save the Date!! 21ST November 2019 Further details to be confirmed.

NOVEMBER 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 	22	23
24	25	26	27	28	29	30

