

Tü Vida

Supporting your life

Newsletter

July 2021



Reading & West Berkshire
Carers Hub



Wokingham
Outreach Carers Service



We would like to thank Suzy Liew for her beautiful pictures she has drawn with Chalks and pencil crayons of Cornwall St Agnes and for letting us show them off. I will be adding a different picture each month for you all to see .

To unsubscribe, if you no longer wish to receive our monthly newsletters Email us on berkshire@tuvida.org

We are looking to reduce the amount of newsletters being sent out by post to help with the environment and to keep you up to date with what is going on.

If you have an email address and are happy for us to use this for future communications, please let us know.

berkshire@tuvida.org



Connecting Carers 9th–12th August



 **Wokingham
Outreach Carers Service**

 **Reading & West Berkshire
Carers Hub**



Join us for a week of virtual talks

Date	Details	
Monday 9 th August	@ 10.00am Via Zoom	Maryam Makki - From SEND (Children with special educational needs and disabilities) Will be doing a presentation on family information service and the SEND local offer
Tuesday 10 th August	@ 10.00am Via Zoom	Neil Whiteman - From RBFRRS (Royal Berkshire Fire and Rescue Service) will be doing a presentation on people who work with or care for the vulnerable in our community and the Adults at Risk Programme and give advice on Home Fire safety
Wednesday 11 th August	@ 10.00am Via Zoom	Astrid Aldous - From Citizens Advice Reading will be doing a presentation on their Energy Advice Team and will be reviewing the importance of warm homes/low energy bills and the major difference that 'good behaviours' can make. We'll be refreshing your knowledge of the critical support/help available.
Thursday 12 th August	@ 10.00am Via Zoom	Elaine Pilmoor - From Family Fund, they provide grants to families raising disabled and seriously ill children and young people age 17 and under. To find out more come along to the presentation



All sessions will run on Zoom. A laptop/tablet/smart phone with speaker & camera are required. For the links required to book onto a session and be send a link, please contact Shelley on

Tel no: 07860957566 or email: shelleymills@tuvida.org

Covid-19 Vaccine - Mobile Health On The Move Van In Wokingham

A specially adapted vaccination van takes to the roads in Berkshire West week beginning 28th June as part of a drive to increase uptake of the Covid-19 jab.

Healthcare professionals and wellbeing teams will be on board the 'Health on the Move' van ready to answer Covid questions and offer people the vaccination.

Anyone is welcome to visit the van, they don't need to be registered with a GP, although the health teams will be happy to help them sort that so in future they have access to a range of healthcare professionals at a local surgery.

The van's visits are being co-ordinated by Berkshire West Clinical Commissioning Group (CCG) in partnership with local authority teams from Reading, Wokingham and West Berkshire. You can find out more by visiting the website copy link <https://www.healthwatchwokingham.co.uk/news/2021-06-24/covid-19-vaccine-mobile-health-move-van-wokingham>



Opt-out of GP Patient Data Collection- Deadline extended

A project which allows patients to opt out of having details of their GP medical records shared for health research and planning has been extended, meaning patients now have until September to opt out.

Why does the NHS hold our data? What is it used for? What can and can't be shared? What can you do if you want to opt-out? You can find full details, including in a range of formats on website see link <https://www.healthwatchwokingham.co.uk/advice-and-information/2021-06-09/opt-out-gp-patient-data-collection-updated-200721>



Hopefully there will be some information below about local holiday activity clubs in the Wokingham area that will be useful to you. As always - check out the activities and how they are operating via their web pages, or give them a call to find out more up to date information - how they can support your child or young person, and make the booking!

The Holiday Activities and Food Programme is a new initiative funded by the Department for Education which provides free places for children in receipt of benefits-related free school meals at organised holiday activity sessions over the Summer and Christmas holidays in 2021. For further information and to register copy the link – <https://www.wokingham.gov.uk/news-and-consultation/consultation-and-having-your-say/current-consultations/?entryid206=595163> (online only)

Merlin's Magic Wand - make an application for complimentary tickets for 2022! Copy the link <https://www.merlinsmagicwand.org/apply-for-a-day-out/making-an-application.aspx> (online and post only)

Merlin's Magic wand charity provide complimentary tickets to enjoy a day at a Merlin Entertainments' attraction such as LEGOLAND Resort® Chessington, Thorpe Park theme parks, SEA LIFE Centres, and Madame Tussauds. Applications for magical days out are open, and response time is taking longer than usual to process - which might mean that some tickets to some theme parks will be for 2022! Nothing like planning ahead!

What's on guide at Dinton Pastures copy link <https://www.dinton-pastures.co.uk/whats-on-guide> or call 01189 342016

There are lots of activities happening at Dinton Pastures Country Park, as well as California Country Park - have a look at what is on offer!

Ultimate Activity - Luckley House, Wokingham copy link <https://www.ultimateactivity.co.uk/locations/wokingham-luckley> or call 03301 117077

Age 4-14

8.30-4.30

£49 daily

Discounts available

multiple sports, arts, crafts, dance, and many more activities

Contact to discuss support your child or young person may need.

Just Play Sports - St Pauls Junior School, Wokingham copy link <http://www.justplaysports.co.uk/summer-camps/> or call 07957 423083

Age 5-11

8.30-3.30 (£28)

8.30-5.30 (£37)

Discounts available

multi-sporting activities

Contact to discuss support your child or young person may need.

Get Active Sports local holidays camps copy link <https://www.getactivesports.com/get-active-courses/holiday-camps/> or call 01344 860868

Age 5-16

Varied timings and costs depending on location and length of day

Discounts available

multi-activities

Contact to discuss support your child or young person may need.

Super Camps venues in Berkshire copy link <https://www.supercamps.co.uk/Venues/county/berkshire> or call 01235 467300

Age 4-12

9am-5pm

£47 daily

Discounts available

multi-activities

Contact to discuss support your child or young person may need.

The Beehive club at Nine Mile Ride school copy link <http://www.beehiveclub.co.uk/school-holiday-clubs/> or call 07769 881946

Age 3-11

full day

Costs vary according to length of day

Discounts available

multi-activities

Contact to discuss support your child may need

Barracudas summer camp - Reddam House School, Wokingham Copy link <https://www.barracudas.co.uk/camps/wokingham-reddam/> or call 01480 467567

Age 4 -12

long and short days

Costs vary according to length of day

discounts offered

multi-activities **Contact to discuss support your child or young person may need.**

Thames Valley Adventure Playground (TVAP) copy link <https://www.tvap.co.uk/about-us/> or call 01628 628599

Taplow, Nr. Maidenhead

Age 0-16

2 hour family sessions

£10 per child

Registration required to make bookings

Tuesdays Wednesdays, Thursdays and Saturdays are family days

Our House - Building for the Future copy link <https://bfff.org.uk/> or call 07771 870223

Two stay and play sessions per week are being planned but no confirmed dates yet - so get in touch to find out more information!

Reading Borough Council SEND services newsletter Copy Link https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=icc_7CWKv_8

Lots of information about activities and organisations in the Reading area specifically for children and young people with special educational needs and disability (SEND).

Who's in charge?

Parenting Programme

16 September - 25 November 2021

10.30am-12.30pm

Online

- **Is your child aged 8-16 years old?**
- **Does your child make you feel isolated, stressed or guilty?**
- **Do you want to learn tools to help with their behaviour?**

Join our nine-week parenting programme.

This group aims to support you by helping you understand the causes of your child's behaviour and its impact on you as a parent. It will equip you with tools to reduce your child's unwanted behaviour and improve your family's relationship.

The programme is delivered in nine two-hour weekly group sessions on Thursdays, term-time only.

To enquire or book your place, please contact:

cspoa@brighterfuturesforchildren.org or call on 0118 937 3641





Reading
Children's
Centres 

A parent's guide to starting nursery and school

Don't make a rookie error and buy lace up shoes!

Join our virtual session for tips, tricks and advice on the best way to help your child have a smooth transition and succeed in their nursery or reception year.

(Ideally you would have completed our Leap in to Learning two-week session)

For more information and to book email:

Reading.ChildrenCentres@brighterfuturesforchildren.org



Teen PPP

Positive parenting programme

14 September - 16 November 2021 10am-12 noon

Online

Is your child aged 11-19 years old?

- Are you worried they are becoming increasingly challenging?
- Do you need some help to manage their behaviour?

Join our evidence-based flexible parenting programme.

The group aims to strengthen your relationship with your teenager. It will support you to deal with your teenager's risky behaviours, promote your teen's development and equip you with strategies to help.

The programme is delivered in nine two-hour weekly group sessions on Tuesdays, term-time only.



To enquire or book your place, please contact:

cspoa@brighterfuturesforchildren.org

0118 937 3641

Living with Autism

Parenting programme

8 September - 13 October 2021 10am-12.30pm

Online

- Has your child been diagnosed with autism?
- Do you want a better understanding of autistic behaviours?
- Do you want to learn skills and tools to help them?

Join our six-week, term-time programme for parents and carers.

This course will give you an understanding of autism. You will learn effective strategies to use at home with your child. Throughout the course we will learn about social interaction, communication, behaviour and the sensory needs of your child.



Dementia Walks

Reading

8th Jul
30th Sep

5th Aug
28th Oct

2nd Sep
25th Nov

Meet at 10 a.m.

For venue information and to book, email
victoria.rowland@ageukberkshire.org.uk

Maintenance Cognitive Stimulation Therapy (MCST) sessions

Starting soon for people with dementia in Berkshire

Group members will take part in meaningful and stimulating activities, proven to help maintain memory and mental function. The groups provide a fun, supportive environment where people can build new relationships.

A carers' friendship group will also take place at the same time/location for any carers who wish to join.

MCST Activities include:

- Discussions
- Word games
- Quizzes
- Physical activities
- Creative and musical activities.



To register your interest please contact:

Victoria.Rowland@AgeUKBerkshire.org.uk

or:

Sue.Spiller@AgeUKBerkshire.org.uk

WORRIED ABOUT HOUSING COSTS?

During the pandemic, there has been an eviction ban in place in England. This means landlords have not been allowed to send bailiffs to evict tenants and have had to give people six months warning of court action. However, the eviction ban was lifted on May 31st.

The rules are different in the other parts of the UK and may be subject to change.

If this concerns you, read our [Emergency Help: I am worried about being evicted page](#) for more information on where to go for information and advice

If you are struggling with rent arrears or housing costs, there are a number of options available to you;

- If you receive Housing Benefit or the housing element of Universal Credit, you may be eligible for a Discretionary Housing Payment at the discretion of your local authority.
- Use our free and easy-to-use Benefit Calculator to see what benefits you may be entitled to.
- Use our Grants Search to see if you are eligible for a grant (that doesn't have to be paid back) from a charitable fund, based on your background, circumstances and needs.
- Read our Help with Housing Costs guide

For more information email michael.clarke@turn2us.org.uk or call 0808 802 2000

Overnight support for constant peace of mind

Helping Hands believe that high quality care holds no time limits, and understand that your care needs don't stop as soon as the sun goes down.


That's why they offer a number of different overnight support options, including waking nights and short-term support, so that you and your loved ones can have a peaceful night's rest knowing that you have someone there to help if you need it.

For more information on overnight support, please call our friendly advisors on: **0808 239 8909**

helpinghands.co.uk



Rah Rah Theatre Company Presents



5th July - 27th August 2021

Brought to you in the comfort of your centre, Rock Around The Clock is a comic musical tale set in the 50's. You will see the actors jive and sing all the popular tunes of that time. The show has been devised to whisk audiences back to this memorable era allowing them to participate and reminisce.

Contact Rah Rah Theatre Company on:

07944 868 358

rahratheatre@hotmail.com

Have you been affected by Coronavirus?

Barnardo's are here to help.

Call the Boloh helpline for free support for you and your family Lines are open between Monday and Friday 10am - 8pm, Saturday and Sunday 10am - 3pm on **0800 1512 605**

Or talk to someone on their webchat by visiting helpline.barnardos.org.uk


Barnardos

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

www.wokinghamcrossroads.org

Email contact@wokinghamcrossroads.org



TuVida Reading Carers Respite

Respite care involves the provision of professional care that enables the unpaid carer to have time off. This could be by providing support to the cared for person in their home, or out in the community, doing an activity of their choice

The service is for carers who look after someone over the age of 18 and is available 7 days a week, including evenings

Our care plans are always individualised, in response to the unique requirements of people needing care and their families

For more information please Call 0118 945 4209 or visit our website at www.tuvida.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



West Berkshire

