

# Reading and West Berkshire Carers Hub

Newsletter November 2018



## Carers Rights Day

30th November See Page 2 and 3

## Bonfire night recipe

See page 19

What Would you like to see in our Newsletters?

Let us know

[ask@berkshirecarershub.org](mailto: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 Group  
Near You





## Reading Carers Rights Day:

***Date:*** Friday 30th November 2018

***Location:*** Greyfriars Hall, Friar Street, Reading, RG1 1EH

***Time:*** 10am to 3pm approx.

Talks and stands including:

**DWP:** Benefits

**Boyes Turner:** Power of Attorney

And many more...

Light lunch available

Parking for disabled available on request, otherwise in Broad Street Mall.

Please advise us by 30th October if you:

- Need disabled parking,
- Have special dietary requirements,
- Require sign language
- Need someone to sit with your loved one.

To book a place please call the Carers hub on 0118 324 7333.



# West Berkshire

Please add this date to your diaries!

*Friday 30th November 2018 10am - 2pm*

*At:*

**Catholic Hall, Bath Road**

**Thatcham, RG18 3AG**

## **Talks**

**Stewart Stretton-Hill-Irwin Mitchell**

Wills and Lasting Powers of Attorney

**Martin Keyte - Financial Planner**

structuring assets for estate protection and paying for care

## **Stands including**

**Age UK Berkshire**

**West Berkshire Council, Adult Social Care**

**Crossroads West Berkshire**

**Village Agents**

# Thames Water

## Keep safe and secure when answering your door

When your door bell rings, do you know who's calling?

On most occasions an appointment will have been made with you in advance. At all times keep safe, use your door chain and carefully check the caller's uniform and identity card.

Ask yourself:

- Does the photograph match the person?
- Is the card out of date?
- Can you clearly see the company logo?

A genuine caller from **Thames Water**, including one of our contractors, is always happy to confirm their name and which company they are from. They are also happy to wait outside while you call us to confirm who they are.

If you are unsure about a caller at your door, ask them to wait outside, keep the door locked and call us on our 24 hour Bogus Caller Line on 0800 316 9800.

Keep extra safe and join our **password scheme** today.

Choose a password, of no more than eight characters, that only you and our authorised representative will know.

**Call us on 0800 009 3652** and we will set up your password.

When we visit, our representative will either quote your password automatically, or you can ask them to provide it.

If they don't know your password, do not let them into your home.

## ***Raising low self-esteem***

We all have times when we lack confidence, don't feel good about ourselves.

But when low self-esteem becomes a long-term problem, it can have a harmful effect on our mental health and our lives.

## ***What is self-esteem?***

Self-esteem is the opinion we have of ourselves.

When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs.

When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges life throws at us.

## ***What causes low self-esteem?***

Low self-esteem often begins in childhood.

Teachers, friends, siblings, parents, and even the media send us messages about ourselves, both positive and negative.

For some reason, the message that you aren't good enough is the one that stays with you.

Perhaps you found it difficult to live up to other people's expectations of you, or to your own expectations.

Stress and difficult life events, such as serious illness or a bereavement, can have a negative effect on self-esteem.

## *Raising low Self-esteem.*

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### **How does low self-esteem affect us?**

If you have low self-esteem or confidence, you may hide yourself away from social situations, stop trying new things, and avoid things you find challenging.

"In the short term, avoiding challenging and difficult situations makes you feel a lot safer," says Chris Williams, Professor of Psychosocial Psychiatry at the University of Glasgow.

"In the longer term, this can backfire because it reinforces your underlying doubts and fears. It teaches you the unhelpful rule that the only way to cope is by avoiding things."

Living with low self-esteem can harm your mental health, leading to problems like [depression](#) and [anxiety](#).

You may also develop unhelpful habits, such as [smoking](#) and [drinking](#) too much, as a way of coping.

### **Where to find help for low self-esteem**

<https://www.nhs.uk/conditions/stress-anxiety-depression/raising-low-self-esteem/#where-to-find-help-for-low-self-esteem>

Psychological therapies like counselling or cognitive behavioural therapy (CBT) can help. You can refer yourself for psychological therapies on the NHS.

If you prefer, you can talk to your GP first and they can refer you.

You could also find a private therapist. Make sure they're registered with a professional body.

Hear Dr Williams' podcast about tackling unhelpful thinking.

Visit [healthtalk.org](http://healthtalk.org) to hear young people talking about their experiences of low self-esteem.

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Psychological therapies like counselling or [cognitive behavioural therapy \(CBT\)](#) can help. You can refer yourself for psychological therapies on the NHS.

### Find a psychological therapies service in your area

If you prefer, you can talk to your GP first and they can refer you.

You could also find a private therapist. Make sure they're registered with a professional body.

Hear Dr Williams' podcast about tackling unhelpful thinking.

Visit [healthtalk.org](http://healthtalk.org) to hear young people talking about their experiences of low self-esteem.

You can find mental health apps and tools in the NHS apps library.



**IF YOU NEED URGENT HELP**

Call Samaritans free on [116 123](tel:116123) or email [jo@samaritans.org](mailto:jo@samaritans.org)

## ***Free Carer Training***

Would you like to take part in the following face to face training:

First Aid  
Moving and positioning  
Continence training  
Dementia Friends Training

To register your interest  
call the Carers hub on 0118 324 7333  
or email us on  
[ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)

***We can also offer online training on -***

**Finding your way  
Caring & Coping  
Caring & Me  
Caring Day to Day  
Caring & Communicating  
Caring & Life  
Caring & Resources**

If you would like your newsletter by Email

Please let us know!

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

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# Basic First Aid Training

## Free For Carers

Date 29th November 2018

10:00 - 12:00

### Venue

Northumberland Community Centre (Room J)

Northumberland Avenue, Reading

Berkshire, RG2 7QA

No car park available onsite. There is on road and side street parking with a leisure centre car park which you can use; 5 minutes walk from location.

**Limited spaces Please Book Early.**

please contact

**Reading & West Berkshire Carers Hub 0118 324 7333**

## Cross Roads Care

Cross Roads Care Reading offers a full range of services for all age groups, disabilities or health conditions, at any time, day or night and of any frequency or duration. We cover Reading Borough Council area, and areas of other unitary authorities that border close to that area, where residents often feel they are better able to receive services than travel further to their own unitary authority area.

### How it works

If you feel Cross Roads may be able to help you, we will visit you at home, and together with the person you care for, design the service that meets your respective.





# *Creative Support*

## *Seated Music & Movement*

### *Opportunity, Choice and Wellbeing.*

*Join our weekly activity sessions!*

*From fingers to toes, sessions encourage gentle but active movement of the body.*

*Fully accessible group for all mobility level*

*Qualified leader Gail Borrows*

*Tea and chat time with biscuits!*

*Make new friends from the community.*

*Open to all members of the community*

*Wednesdays 2:15pm—3:45 pm*

*Chimney Court, Shilling Close,  
Reading  
RG30 4EN*

*Residents: £4.50, Community: £5.50*

*We ask everyone to book their space ahead of time to help us plan the sessions.*

*Please call Katie on 07794 083862 or  
email [Katie.flint@creativesupport.org.uk](mailto:Katie.flint@creativesupport.org.uk)*

*Creative Support*

*Creative Support is a Registered Society under the cooperative and community Benefit Societies Act 2014 (Register Number 27440R) and an exempt charity*

## Memory Café

Every Friday from 2pm– 4pm

Café at

Old Bluecoat School, Chapel Street, Thatcham, RG18 4QL

Sessions are free.

A weekly drop-in session designed to provide support for people living with dementia and their loved ones. Join us each week to enjoy a piece of delicious homemade cake with a hot drink. Take time out of your busy day to relax and chat with others and perhaps try out craft and other activities. Don't worry if you prefer to just eat cake, you are very welcome.



Think, Feel, Belong has been created for people with learning disabilities and/or autism who have wellbeing and/or mental health needs, are socially isolated, at risk of crisis, or are otherwise vulnerable. The project includes:

**Weekly drop-in** - This is a fun social group to increase a person's support network. Each week there will be the opportunity to take part in 30 minute mini-workshops in self-advocacy skills, mindfulness, relationships and emotional literacy skills, keeping safe in the community, confidence building and more. Drop-in sessions take place every Monday (except bank holidays), from 1.15 pm until 3.15 pm, at The Lounge, Salvation Army, Anstey Road, Reading RG1 7JR.

**Time to talk** - Weekly phone sessions available for checking-in, emotional support and signposting.

**Further information**—To make a referral or for more information, please contact Hayley Pratley-McGill, Project Worker on 01494 434448 / 07419 989012 / [Hayley.pratley-mcgill@talkback-uk.com](mailto:Hayley.pratley-mcgill@talkback-uk.com)

## **Digital Stroke Support Service**

Nearly one in four adults in the UK are digitally excluded.

### **Who is the service for?**

Our Digital Stroke Support Service is available to those affected by stroke who are digitally excluded. This service will help digital novices to build motivation and confidence in using My Stroke Guide and other healthcare technology to self-manage their health. The need for the service will be identified via multiple referral sources including our Stroke Recovery Service.

### **What we offer through our service?**

Our Stroke Association Support Coordinators will carry out an assessment to determine whether the individual has the basic digital skills required to use the internet. Individuals will benefit from:

- digital skills workshops
- face to face set up and induction
- help to create accounts
- Carer support.

Tailored support will also be available so that individuals can benefit from using the internet and setting up a My Stroke Guide account to benefit from the resources and support it brings.

*“...Family and friends are helpful but they don't know what it's like... I found coming on My Stroke Guide really helpful – everyone is so friendly and encouraging and happy to share experiences.” – Stroke survivor*

**For further information, please email: [services@stroke.org.uk](mailto:services@stroke.org.uk)  
Or please visit:  
<https://www.stroke.org.uk/finding-support/my-stroke-guide>**

## Horticultural Therapy at Ridgeline Trust – for mental and physical wellbeing

Gardening is good for you - that's the findings of recent research. As well as providing physical exercise, being outside in nature can benefit us mentally, helping to reduce anxiety and make us feel better about ourselves. Horticultural therapy uses gardening to build self-esteem and confidence, improve social skills and develop new skills. Could this be for you, or someone you care for?

Ridgeline Trust offers horticultural therapy opportunities to people living with either physical or learning disabilities or a mental health issue. On the edge of the University campus and situated just off Whiteknights Road, you may have gone past without knowing such a peaceful and beautiful spot is hidden just the other side of the hedge.

Our Horticultural Therapists work with each person to set their activities and individual goals. These vary according to the individual and may be quite structured or extremely flexible. It could be learning more about the plants in the garden, how to choose the correct tool for the job, or the satisfaction of harvesting something you've grown from seed. There's also the opportunity to simply relax with others in our beautiful garden. We can cope with the British weather, with trees providing shade in summer and a heated poly-tunnel for cold or wet days.

Gardening doesn't have to be your "thing" and involvement can take whatever form would suit you. People come to us with a range of gardening experience, from lots to none! Alongside our Horticultural Therapists, we have a team of volunteers to support people during the sessions.

Our garden has a wheelchair-accessible path all the way round it. There's a pavilion with level access from the garden and disabled access toilets. We aren't able to provide personal care, but you are welcome to bring a carer with you.

We are at 25 Whiteknights Road, on the number 19 bus route. We have parking, and a number of our clients come to us by Readibus.

Our sessions cost £20 per 2 hours, including teas and coffees, and we are currently open on Mondays and Tuesdays.

If you'd like to find out more or arrange a visit to see if it's for you, we'd love to hear from you.

phone or text 07535 636 018 (please leave a voicemail when the phone's not staffed, and we'll get back to you)

email Siân, the Development Manager, on [sian@ridgelinetrust.org.uk](mailto:sian@ridgelinetrust.org.uk)

visit our website [www.ridgelinetrust.org.uk](http://www.ridgelinetrust.org.uk) or have a look at our Facebook page, [www.facebook.com/RidgelineTrust](https://www.facebook.com/RidgelineTrust)

## **FLU VACCINATION IS IMPORTANT FOR CARERS**

Carers are people who are in receipt of a carer's allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill.

The flu jab is the best way to protect yourself and the person you care for from flu.

The flu can be far more serious for the person you care for than you think. It can lead to serious complications such as bronchitis and pneumonia, and could even land them in hospital.

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## **The Wellness Recovery Action Plan (WRAP)**

### **WRAP for Carers**

Mary Ellen Copeland developed WRAP at a workshop in Vermont in 1997. WRAP focusses on peoples strengths and is developed by the person. WRAP is “adaptable to any situation” and is not just for people with severe mental illnesses.

An Edinburgh Carers Council study funded by NHS Lothian found “a significant improvement in mental wellbeing” of carers who had completed wrap. It was reported that they defined their recovery in terms of recuperation, revival and renewal. By completing WRAP carers will develop a personal framework to explore what they can do to maintain positive wellbeing.

Compass Recovery College offer 5 sessions of WRAP for Carers followed by monthly “catch up” sessions.

**For more information, please call 0118 937 3945,  
or alternately email [compass.opportunities@reading.gov.uk](mailto:compass.opportunities@reading.gov.uk)**

# Are you claiming free prescriptions?

Don't assume you're entitled. You could have to pay up to £100 – as well as your prescription charge.



# Over 1 million

people received a penalty charge notice after claiming free prescriptions last year.

Don't assume you're entitled.

Check at [www.nhsbsa.nhs.uk/freeprescriptions](http://www.nhsbsa.nhs.uk/freeprescriptions)



## **Social prescribing**

A social prescribing service in Reading links people to activities in the community to help improve their health and wellbeing.

Funded by Berkshire West CCG, the service is operated and run by Reading Vountary Action(RVA).

Social Prescribing, the benefits—

- Improved health and wellbeing
- Support for health and lifestyle change
- Improved self-esteem and confidence
- Find local groups and meet new people
- Practical support in the community
- Tailored to a patients' wants and needs
- One stop information service

Social Prescribing can help by sign-posting to activities or services that patients may not know about but could benefit from and informing them about what's available.

The idea behind social prescribing is that it complements the care that people might be receiving from their GP practice. This approach gives patients of any age the space to talk about some of the non-medical underlying issues that affect their wellbeing and to take steps to tackle them.

On referral to the service, patients attend an hour-long individual appointment with a social prescriber at the patient's GP practice. Patients are helped to identify the improvements they want to make, including;

- feeling positive
- lifestyle
- looking after yourself
- managing symptoms
- money management
- where you live
- family and friends
- work, volunteering and other activities

There are a number of ways to get referred to the social prescribing service:

- requesting a referral from your GP,
- emailing [social.prescribing@rva.org.uk](mailto:social.prescribing@rva.org.uk), or
- calling RVA on 0118 9 372273 and ask for the social prescribing team

# Carers Grants – What we can help with...



## Carers Fund

**Carers Funds is open to carers aged 16 and over.**

Carers can apply for grants of **up to £300** for items or activities that will **benefit them in their caring role** e.g.:

- Breaks for carers, with or without the person they care for
- Items for the home including cookers, fridges, beds, washing machines etc. (please refer to table for standard costs that will be allocated unless exceptional circumstances have been identified)
- Driving lessons and other travel costs relating to caring roles
- Courses and materials to develop carers skills and personal development
- Home repairs
- Short term or time limited replacement care

**The following costs WILL NOT be funded from Carers Funds:**

- General living expenses e.g. rent, food, bill payments
- Debt repayments
- Costs of regular, long term replacement care
- Specialised equipment or home adaptations
- Motorised vehicles including scooters, cars or motorcycles
- Computer and mobile phone equipment
- **Requests where the item has already been purchased or a deposit placed**

**The Grants Management Team will review these exclusions at regular intervals**

### Points to Note

- Priority will be given to carers who have not been awarded a grant from the Fund previously
- There must be a clear link between the request and the carer's role.
- The request must make a positive difference to the carer's life.

### Requests for driving lessons:

- The carer needs to be able to drive to enable the person in receipt of care to be able to regularly access medical appointments, school, the local community, etc.
- The person in receipt of care was the sole driver in the household but, due to their condition, can no longer drive.
- The carer lives in a rural area where there is little access to regular public transport .

Continued from page 17- grant...

#### Requests for courses and skills development:

- Allowing the carer to find employment that they can fit around their caring role – enabling them to work from home or to work flexible hours.
- Giving the carer a new focus and a break from their caring role – e.g. a creative writing course or a flower arranging course

#### Requests for costs of a break

- The carer would like to have some time away from their caring role.
- The carer would benefit
- The person you carer for must have suitable care in place if not going with you.

#### Cost of request

- We need to know how any significant differences between the request and total cost, will be covered.

#### Household financial information statement

- Carers Trust needs to ensure that charitable funds are distributed, to those most in need, both financially and because of the impact of their caring role.
- Carers Fund applications are not assessed solely on the financial situation of the carer; however, this information does form a vital part of the assessment process.

<b>Items for the home – standard price list 2018 standard price cost allocation (incl. VAT)</b>	
Washing Machine	£200
Tumble Dryer	£200
Washer Dryer	£300
Gas Cooker	£300
Electric Cooker	£200
Double Bed (mattress and frame)	£300
Single Bed (mattress and frame)	£250
Fridge-Freezer	£200
Fridge	£150
Freezer	£150
Microwave	£60
Dishwasher	£200
Vacuum Cleaner	£100
Sofa Bed	£250
Mattress Double	£200
Mattress Single	£140



## Catherine wheel toad-in-the-hole with honey & mustard onions.

PREP: 20 MINS      EASY      SERVES 4

COOK: 40 MINS

### Ingredients

- 120g Plain Flour
- 3 Large Eggs
- 272ml Semi-skimmed Milk
- 12 Linked chipolatas or,
- 1 large coiled cucumber sausage
- 2 tbsp. Sunflower oil
- 4 Rosemary or Thyme springs,  
Picked into smaller springs
- Mash and Veg, to serve (optional)

### For the honey & mustard onions

- 1 tbsp. sunflower oil
- 2 large red onions, halved and thinly sliced
- 2 tbsp. plain flour
- 2 tsp English mustard powder
- 1 chicken stock cube
- 2 tbsp. honey
- 2 tbsp. wholegrain mustard

### Method

1. Mix the flour, eggs and milk in a jug with 1/2 tsp salt, then set aside for at least 30 mins. Heat oven to 220C/200C fan/gas 7.
2. Untwist the links between each sausage, keeping them connected. Squeeze the meat to fill in the gaps, so you have one long sausage. Coil the sausage loosely and put in a large skillet or ovenproof frying pan (ours was 25cm wide.) Pour over the oil and brown in the oven for 12-15 mins.
3. Remove the pan from the oven and carefully lift out the sausage. Pour the batter into the pan, then put the sausage back on top, scatter with the herbs and return to the oven for 25-30 mins without opening the door – the Yorkshire pudding will sink if you do.
4. Meanwhile, heat the oil in a frying pan and cook the onions for 10 mins or until starting to caramelize. Stir in the flour and mustard powder and crumble in the stock cube. Stir in 500ml water bit by bit until you get a smooth sauce, then add the honey and mustard and season. Bubble for 5 mins, then serve with the toad-in-the-hole and mash and veg, if you like.

<https://www.bbcgoodfood.com/recipes/catherine-wheel-toad-hole-honey-mustard-onions>

## West Berkshire Upcoming Support Groups



For further details call 0118 324 7333

Area	Location / Time	Nov	Dec	Jan 2019	Of Every Month
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### **Carers Support Group for carers of people with any disability or illness**

<b>Lambourn</b>	Lambourn Memorial Hall, Oxford Street, Lambourn, RG17 8XP. 10-12 pm	15th	20th	17th	Every 3rd Thurs
<b>Pangbourne</b>	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon -2 pm	7th	5th	Venue and Date to be Confirmed	Every 1st Wed
<b>Newbury</b>	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm	22nd	Venue and Date to be Confirmed	24th	Every 4th Thurs
<b>Hungerford</b>	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	20th	18th	15th	Every 3rd Tues

### **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 10am - 12PM	21st	19th	16	Every 3rd Wed
<b>Thatcham</b>	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	14th	12th	9	Every 2nd Wed

## Reading Upcoming Support Groups

Area	Location / Time	Nov	Dec	Jan 2019	Of Every Month
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<b>Whitley</b>	Stroke-Whitley Community CAFÉ, 252 Northumberland Av RG2 7QA (10-12pm)	1st	6th	3rd	Every 1st Thurs
<b>Caversham</b>	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG (11:00- 12:30pm)	5th	3rd	7th	Every 1st Mon
<b>Tilehurst</b>	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE (10:30-12:00pm)	27th	Venue and Date to be Confirmed	22nd	Every 4th Tues
<b>Whitley Wood</b>	General -Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH (10:00- 12pm)	19th	17th	21st	Every 3rd Mon
<b>Cemetery Junction</b>	General -Palmer Park Library, St Bartholomews 20 Rd, Reading, RG1 3QB (10:30- 12pm)	28th	Venue and Date to be Confirmed	23rd	Every 4th Wed