

Reading and West Berkshire Carers Hub

Newsletter

September 2018



Are You A Carer?

**Do you look after someone
who couldn't manage without
your help and support?**

Seasonal Recipe

See Page 11

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



Duchess of Kent Cake Off

Event details

Date: 01 August 2018 - 30 September 2018

Location: Anywhere on behalf of Duchess of Kent Hospice

Ovens at the ready, it's time for Sue Ryder's Duchess of Kent Cake Off

Whether you're a budding baker or kitchen rookie, show off your culinary talents and join our brand new Duchess of Kent Cake Off fundraising event this autumn.

A baking party is perfect for bringing people together, and can easily be held at home, work, school or together with friends. Let your imagination run wild and concoct the most creative and appetising cakes you can, sharing mouth-watering photos of your tasty treats via social media using the hashtag **#DOKCakeOff**.

As well as a chance to win a fun prize, joining this event will also help us raise vital funds to support our incredible hospice care through cake sales and voluntary contributions.

<http://www.sueryder.org/get-involved/events/all-events/2018/august/duchess-of-kent-cake-of>

HOW TO GET INVOLVED



Register online and download the fundraising pack from the link you'll find in your registration email.

Bursting with ideas to help you add something special to your kitchen creations, alongside information on our sweepstake competition, this has all the ingredients to get you started!

Contact details

Name

Fern Haynes

Telephone

0118 939 4889

Email

Palmer Park Carers Support Group

**Are You Providing Much Needed Care and support
For a Loved One,
Friend or Family Member?
Come and meet others carer and access**

Where: Palmer Park Library, St Bartholomews Road, Reading, RG1 3QB

When: Every 4th Wed of the month

Time: 10:30– 12pm

Refreshments provided.

For more details please call the hub on 0118 324 7333 or alternately email us on ask@berkshirecarershub.org

Please note:

Wednesday 26th September group has been cancelled due to staff training.

Whitley Wood Carers Support Group

Where: Whitley Wood Community Centre, Swallowfield drive, Reading, RG2 8UH

When: Every 3rd Mon of the month

Time: 10:00– 12pm

Refreshments provided.

For more details please call the hub on 0118 324 7333 or alternately email us on ask@berkshirecarershub.org

If you would like your newsletter by Email

Please let us know!

Email us at: ask@berkshirecarershub.org

Reading Passport discount card

Your Reading Passport is discount card available free of charge to all residents of Reading who are over three years old (under 16s need to get a parent or guardian to sign the application form).

It offers discounts on:

- sport and leisure activities at Council centres
- selected shows and events
- Reading Museum's Mosaic gift shop and children's activities
- DVD, video and CD hire at Reading libraries
- allotments

If you are over 60 years old, have a disability or are on a low income, you may be eligible for some free or more discounted activities with a concessionary Your Reading Passport.

APPLYING

Complete a [Your Reading Passport application](#) on line. This will be processed and verified, and a virtual passport will be issued to you.

If you are applying for a concessionary pass, you will need to supply:

- proof of disability (for example, disabled bus pass, doctor's letter)
- proof of low income (for example, proof of housing benefit, working tax credits, child tax credit)

Parkinson's UK

Because we're here, no one has to face Parkinson's alone

We're Parkinson's UK – the UK's biggest Parkinson's support and research charity for people who are affected by Parkinson's.

We provide information and support through our UK-wide team of Parkinson's Advisors, our website, free confidential helpline, publications and other resources.

We bring people with Parkinson's, their carers and families, together via our network of local groups, who provide friendship, support, information, activities and therapies.

The Newbury & District Branch

Monthly Daytime meetings are held at the Royal British Legion, Pelican Lane, Newbury

On the third Friday of the month at 12noon (incl lunch) or 1.15pm (excl lunch) to 3pm

Please contact newburyparkinsons@gmail.com

There is also a Sparkies group for working age people who hold -

Monthly Evening meetings at a local pub – currently The Bowlers Arms, Newbury

On the last Wednesday of the month at 7pm

Please contact sparkies@mail.com

The Reading & District Branch

Monthly meetings are held at Our Lady of Peace Church Hall, Wokingham Rd, Reading

On the first Wednesday of the month from 2.00pm to 4.00pm

Please contact david.adby@outlook.com

There is also a Positively Enthusiastic Parkies group for working age people who hold -

Monthly Evening meetings at RISC, 35-39 London Street, Reading

On the third Monday of the month at 7pm – 9pm

Please contact npcrabb@gmail.com

Parkinson's UK - Visit us online at www.parkinsons.org.uk or email hello@parkinsons.org.uk

Call our free, confidential helpline: 0808 800 0303 (9am – 7pm Mon-Fri, Sat 10am – 2pm)

Or contact your local advisers;

Sarah Dolan (Reading, Wokingham & South Oxon) on 0344 225 3677

**Carebus Volunteer Group
provides**

COMMUNITY TRANSPORT

In the eastern area of West Berkshire

If either you or someone you look after are disabled or have any kind of mobility problem and you need to get to the kind of resources detailed in this newsletter, we are here to help **YOU!**

***If you drive and have some spare time
We need you to help **US!*****

Please talk to us now!

Telephone us on 0118 930 4837

or 07951 022 852 if it is urgent

There are more details on our website

carebuscommunitytransport.org

Remap

Remap is a national charity that works through local groups of skilled volunteers.

We help disabled people achieve independence and a better quality of life by designing and making equipment for their individual needs.

This tailor made equipment helps people to carry out essential daily tasks without having to ask for help, or helps them take part in leisure occupations or sports that would otherwise be impossible.

Giving independence

Our focus at Remap is to give people independence because we know how important this is. Many people have a physical impairment of some sort. But your life changes if you have to rely on others all the time. By making a piece of equipment specifically for an individual, tailored to their needs, we can often help them become that bit more independent.

Remap gives disabled people the joy of independence

Charges

We are pleased to give people our equipment free of charge. This is because we are a charity and are not trying to make money. All our running costs are covered by donations and support from charities and our volunteers give their time for free.

Tel: 01732 760209

Email: data@remap.org.uk

<https://www.remap.org.uk>.

What Would you like to see in our Newsletters?

Let us know

ask@berkshirecarershub.org



Who are Healthwatch West Berkshire?

Welcome to Healthwatch West Berkshire, your local consumer champion for health and social care services.

We are listening to your views to help shape local health and social care services. Healthwatch West Berkshire's role is to gather views, listen, report and take your voice to those who commission and deliver services.

What does Healthwatch West Berkshire look at?

We oversee 6 NHS trust

- Royal Berkshire Hospital Trust, Reading
- Great Western Hospital Trust, Swindon
- Basingstoke Hospital, Basingstoke
- John Radcliffe Hospital, Oxford
- South Central Ambulance Trust
- Berkshire Healthcare Foundation Trust- Community Nursing/Prospect Park Hospital
- We oversee 11 GP practices in West Berkshire CCGs & three others that are in West Berkshire, Theale, Mortimer & Pangbourne
- West Berkshire Community Hospital Thatcham
- NHS Dentists, Pharmacies, Opticians and private hospitals that undertake NHS work
- Council funded care homes in West Berkshire & domiciliary care agencies
- Meet with the CEO of the Bucks/Oxon/Berks West (BOB) Sustainability Transformation Partnership (STP) Key Member of West Berkshire Health & Well Being Board

We take feedback about:

Experiences people have with local Health & Social Care Providers (funded by the NHS or local Council) adults primarily

- Complaints
- Compliments
- Niggles
- Suggestions for improvements

If you have any feedback about health and Social care services in

West Berkshire

please contact us on: 01635 886210 or contact@healthwatchwestberks.org.uk.

Or you can write to us at:

Broadway House, 4-8 The Broadway, Newbury, RG14 1BA. Follow us on twitter: Healthwwberks, Instagram: Healthwatchwestberkshire or Facebook: @HealthwatchWestBerkshire

healthwatch West Berkshire

**“Love Shouldn’t Hurt”
A Domestic Abuse Awareness Workshop
25th October 2018
Broadway House**



Facilitated by Karen Frost,

Pastoral Development Worker and a West Berkshire Domestic Abuse Champion

What is Domestic Abuse (DA)?

Different types of DA

Leaving a relationship

Impact of DA on children (very briefly, as there is no much to cover)

(Briefly) mention Female Genital Mutilation (FGM), Honour Based Violence (HBV), Elder Abuse, Child to parent abuse

Signposting (to DA support services)

Questions

Places are limited and will be allocated on a first come first served basis. Please reserve your space by contacting Healthwatch West Berkshire on 01635 760341 or

contact@healthwatchwestberks.org.uk

West Berkshire Card

THE COMBINED LEISURE CENTRE DISCOUNT AND LIBRARY CARD FOR RESIDENTS OF WEST BERKSHIRE

The West Berkshire Card is a great, free way to gain discounts on:

- Activities in the council's sports and leisure centres
- DVD, video and CD hire (save 10%) at West Berkshire libraries

If you're over 60 years old, have a disability or are on a low income you may be eligible for a Concessionary West Berkshire card which offers bigger discounts on some sports activities.

Applying for a West Berkshire Card

apply online or pick up an application form from any council sports and leisure centre

Complete and sign your form - if you're under 16 years your application must be signed by a parent or guardian

Take your completed form to one of our leisure centres with the following supporting documents:

- Proof of address
- Proof of identity
- Proof of age (for junior or senior cards)
-

If you're applying for a concessionary West Berkshire Card you **MUST** also bring proof that relates to your particular circumstances:

- if unemployed or retired, a pension book, bus pass and/or proof of retirement/unemployment
- if disabled, a disabled person's bus pass or doctor's letter
- if you're on a low income, you'll need proof in the form of a receipt for income support, housing benefit, invalidity benefit, job seekers allowance, or council tax benefit

Library Cards

Please note that West Berkshire Cards issued as library cards require separate activation if you want to use them at leisure centres.

Similarly, cards issued at leisure centres will require activation at a library before they can be used as a library card.

Non-residents can buy a card for use only at leisure centres - full details can be obtained by contacting one of our leisure centres.

Layered aubergine & lentil bake

Puy lentils bulk out this low-calorie vegetarian bake with mozzarella cheese, tomato and basil sauce and roasted aubergines

Ingredients

2 aubergines cut into ½ cm slices lengthways

3 tbsp. Olive Oil

140g Puy lentils

2 Onions, finely chopped

3 garlic cloves, finely chopped

300g cooked butternut squash

400g can chopped tomato

½ small pack basil leaves



Method

Heat oven to 220C/200C fan/gas 7. Brush both sides of the aubergine slices with 2 tbsp. of the oil, lay on baking sheets, season and bake for 15-20 mins until tender, turning once. Cook the lentils following pack instructions.

Heat the remaining oil in a large frying pan. Tip in the onions and garlic and cook until soft. Stir through the squash and the tomatoes, plus ½ can of water. Simmer for 10-15 mins until the sauce has thickened. Stir in the lentils, basil and seasoning

Spoon a layer of lentils into a small baking dish. Top with aubergine slices and repeat, finishing with a layer of aubergine. Scatter with mozzarella and bake for a further 15 mins until the cheese is golden and bubbling.

Reading and West Berkshire Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.org

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Inkpen Gardening and Craft:



We are pleased to be returning to the Inkpen Garden for this set of workshops.

For the first 3 weeks, we will

continue with the flower and

vegetable growing project that we started earlier in the year. During these sessions, we will grow and harvest the crops and carry out general maintenance in the garden areas.

For weeks 4 and 5, we be doing flower craft using the preserved flowers from the Inkpen garden.

So if you have green fingers and would like to spend your Thursday mornings at this gorgeous garden, then this is the group for you.

After each session for the first 5 weeks, we will have a packed lunch in this beautiful and idyllic location. Please bring your packed lunch with you.

Please wear clothing that you don't mind getting mucky and ensure that you dress appropriately for the weather.

Week 6

We will be visiting a local pub for lunch. (Details nearer the time)

The Venue:

Venue details will be

given out after signing up as this workshop takes place on a private estate.

Booking :

To reserve your place please contact

julie.vernon@ypwd.info / 0118 207 2880

Group Size : 8

Who is at risk of dehydration?



Anyone can become dehydrated, but certain groups are particularly at risk. These include:



Babies and infants

They have a low body weight and are sensitive to even small amounts of fluid loss.



Older people

They may be less aware that they are becoming dehydrated and need to keep drinking fluids.



People with a long-term health condition

Such as diabetes or alcoholism.



Athletes

They can lose a large amount of body fluid through sweat when exercising for long periods.

Signs of dehydration include:

- Feeling thirsty and lightheaded
- A dry mouth
- Tiredness and confusion
- Dark coloured, strong smelling urine
- Passing urine less often than usual

A baby may be dehydrated if they:

- Have a sunken soft spot on their head
- Have few or no tears when they cry
- Have fewer wet nappies
- Are drowsy

Falls can lead to a number of adverse consequences. In West Berkshire, **7,292** people aged 65 and over were predicted to have had a fall in 2015; this figure is predicted to rise to **11240** in 2030.

Falls prevention and integrated care for those who have sustained a fall is an objective of West Berkshire's Joint Health and Wellbeing Strategy 2017-2020 and, in response to this, an Ageing Well task group is mapping falls prevention services and developing a Falls Pathway for West Berkshire.

Berkshire West Timetable

READING and WOKINGHAM Sessions

Day	Time	Activity	Contact	Venue
Mon	12.00 - 1.00	Badminton/Table Tennis	Gill	Woodford Park Leisure Centre, Haddon Dr, Woodley, Reading, RG5 4LY
Mon	2.00 - 3.00	Yoga	Julie	Meadway Leisure Centre, Reading RG30 4BZ
Mon	5.00 - 6.00	Badminton	Tony	Theale Green Recreation Centre, Theale RG7 5DA <i>(Head through Theale Green School gates and follow the road around the back to the Recreation Centre)</i>
Mon	18.30 - 19.00	Jog/ Walk	Laura	Near changing rooms Prospect Park, Reading RG30 2ND
Mon	19.30—20.30	Badminton	Gill	Emmbrook Secondary School, Emmbrook Rd, Wokingham RG41 1JR
Tue	12.00 - 1.00	Women's Football	Laura	Prospect Park Astroturf Pitches, Reading RG30 2ND
Tue	2.00 - 3.00	Football	Ashley	Prospect Park Astroturf Pitches, Reading RG30 2ND
Wed	12.00 - 1.00	Table Tennis	Gill	Rivermead Leisure Centre, Reading RG1 8EQ
Wed	1.00 - 2.00	Badminton	Gill	Rivermead Leisure Centre, Reading RG1 8EQ
Thurs	12.00 - 2.00	Tennis	Gill	Outdoor Tennis Courts, Reading University, Shinfield Rd, Reading, RG2 7BW
Thurs	3.30 - 4.30	Tai Chi	Steve	The Bradbury Centre' Circuit Office' Rose St, Wokingham RG4J 1XS (Taking place in Mark Room)
Fri	12.00 - 12.45	Walk	Paul	Near changing rooms Prospect Park, Reading RG30 2ND

Berkshire West Timetable

WEST BERKSHIRE Sessions

Mon	2.30 - 3.30	Yoga	Helen	Northcroft Leisure Centre, Newbury RG14 1RS
Tue	3.00 - 3.45	Yoga	Helen	The Lambourn Centre, Close End, Lambourn RG17 8NJ
Tue	3.00 - 4.00	Tennis	Mark/ Tony	Tennis Courts, Victoria Park, Park Way, Newbury RG14 1DJ Football –starting again 4th September
Wed	6.00 - 7.00	Badminton	Tony	Kennet Leisure Centre, Thatcham, RG19 4LJ
Thu	3.00 - 4.00	Badminton	Mal	Northcroft Leisure Centre, Newbury RG14 1RS
Fri	4.00 - 5.00	Table Tennis	Mal	Thatcham Parish Hall, Chapel Street, RG18 4JP

info@sportinmind.org

www.facebook.com/sportinmind

www.sportinmind.org

www.twitter.com/sportinmind

07341 267740

www.virginmoneygiving.com/sportinmind

Contact: Laura Brooks on: 07341 267740 or
info@sportinmind.org

About the CEA Card

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.

The Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as Action on Hearing Loss, the RNIB, Dimensions and Muscular Dystrophy UK.

Eligibility

You will need to provide evidence that the card holder receives one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Blind Persons Registration

You will need to send a copy of the awarding letter from DWP or a statement confirming receipt of the allowance for **the person requiring assistance** (the card holder).

This should be dated within the last 12 months.

Alternatively, if you are a Registered Blind Person then please send a photocopy of certification for **the person requiring assistance** (the card holder).

Please note that ESA (Employment and Support Allowance) or the Blue Badge on its own are not accepted as proof of eligibility.

To apply, the person requiring assistance must be 8 years of age or older.

Apply or Renew

<https://www.ceacard.co.uk/apply>

Telephone: 01244 526 016

Textphone: 18001 01244 526 016

Email: info@ceacard.co.uk



Free Memberships

Take advantage of free membership at a local gym and have access to the gym, pool, Jacuzzi or any of the exercise classes. Carers who are registered with Reading & West Berkshire Carers Hub can ring the Hub on **0118 324 7333** to arrange their membership

Carers can book a maximum of 1 day per week at their chosen gym. Your first visit will include an induction with an experienced trainer.

Reading

Living Well Hilton

Drake Way
Reading
RG2 0GQ

Nuffield Health

240 South Oak Way
Lime Square
Green Park Reading
RG2 6UL

West Berkshire

Hilton Newbury

Newbury North Health Club
Living Well
Oxford Road
Chieveley
RG20 8XY

For more information, please contact Reading & West Berkshire Carers Hub.

☎: 0118 324 7333

✉: ask@berkshirecarershub.org

Talking Therapies in Berkshire

Problems such as anxiety, depression, stress and phobias are very common.

Talking Therapies is a friendly and approachable service that helps people with these problems.

We are here to help adults aged 17+ living in Berkshire and we have a team of advisors and therapists who can help you to overcome life's difficulties and problems and manage them better.

Who we are

Welcome to Talking Therapies. We are an NHS service that offers help and support to people in Berkshire suffering with depression or anxiety based problems. Our team is made up of Therapists, Counsellors and an administrative support team.

What we do

There are various ways in which we can help and together we can decide which option suits you best. After assessment, we will decide with you the most appropriate therapy from the following NICE (National Institute for Health and Care Excellence) recommended treatments:

- Cognitive Behavioural Therapy (CBT)
- Counselling for Depression (CfD)
- Interpersonal Psychotherapy for Depression ((IPT)
- Dynamic Interpersonal Therapy (DIT)
- Behavioural Couple Therapy for Depression
- we also offer Stress Less workshops and employment support.

To make sure our service is as easy to access as possible are able to deliver therapy via a number of different ways:

- Groups
- Online via the internet
- Telephone
- Face to face

Not feeling yourself?

If you would like to talk to Talking Therapies about your problems please contact us direct (This service is for people living in Berkshire. If you live outside Berkshire contact your doctor about services available in your area.)

Contact us on:

Tel: 0300 365 2000

E-mail: talkingtherapies@berkshire.nhs.uk

When further support is required:

Some people will only require the first steps. Other people might require high intensity therapy and may go on to receive one of the following therapies:

Face to Face CBT

Counselling

Interpersonal therapy

When someone else might be more helpful:

Sometimes we're not the right service for you. Some people will be referred to another service if we feel we are unable to provide the most suitable treatment.

West Berkshire Upcoming Support Groups



For further details call 0118 324 7333

Area	When / Where	Sept	Oct	Nov	Of Every Month
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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	18th	15th	Every 3rd Thurs
Pangbourne	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon -2 pm	5th	3rd	7th	Every 1st Wed
Newbury	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm	27th	25th	22th	Every 4th Thurs
Hungerford	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	18th	16th	20th	Every 3rd Tues

Groups for carers of people with all Types Of Mental Health Conditions

Thatcham	Taste of England Pub, Lower Henwick Farm, Thatcham, RG193AP 10am - 12PM	19th	17th	15th	Every 3rd Wed
Thatcham	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	12th	10th	14th	Every 2nd Wed

Reading Upcoming Support Groups

Area	When /Where	Sept	Oct	Nov	Of Every Month
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Whitley	Stroke-Whitley Community CAFÉ, 252 Northumberland Av RG2 7QA (10-12pm)	6th	4th	1st	Every 1st Thurs
Caversham	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG (11:00- 12:30pm)	3rd	1st	5th	Every 1st Mon
Tilehurst	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE (10:30-12:00pm)	25th	23rd	27th	Every 4th Tues
Whitley Wood	General -Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH (10:00- 12pm)	17th	15th	19th	Every 3rd Mon
Cemetery Junction	General -Palmer Park Library, St Bartholomews Rd, Reading, RG1 3QB (10:30- 12pm)	Cancelled	24th	28th	Every 4th Wed