Carers Hub
Reading, West Berkshire and Wokingham
Newsletter February 2020

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</table>

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

Carers Hub
Call us: 01183247333 Email us 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 Attend 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**
  You 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.
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.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>How do I get help if I think I might be affected?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold- or flu-like symptoms usually set in from two to four days after coronavirus infection, and they are typically mild.</td>
<td>According to Public Health England’s guidance:</td>
</tr>
<tr>
<td>Symptoms include:</td>
<td></td>
</tr>
<tr>
<td>• Fever.</td>
<td>• You should stay indoors and avoid contact with other people.</td>
</tr>
<tr>
<td>• Dry cough.</td>
<td>• 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.</td>
</tr>
<tr>
<td>• Difficulty breathing.</td>
<td>• You should call 111 for advice - make sure you let them know if you’re in one of the at risk groups above.</td>
</tr>
<tr>
<td>• Severe acute respiratory infection (including shortness of breath, dry cough or sore throat).</td>
<td>• You (or the clinician) should call ahead before going to hospital and let them know you think you may be affected.</td>
</tr>
<tr>
<td>• Loss of appetite.</td>
<td>• You should not use public transport or taxis to get to the hospital.</td>
</tr>
<tr>
<td>• Sweating and shivering.</td>
<td>• You will need to be put into isolation away from other patients and staff.</td>
</tr>
<tr>
<td>• Headaches and muscle aches.</td>
<td>• 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.</td>
</tr>
<tr>
<td>• Pneumonia symptoms - increasing cough and shortness of breath, sometimes with blood-stained or rust-colored sputum.</td>
<td></td>
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</tbody>
</table>

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.
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

Crossroads 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
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.

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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

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Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.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

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**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

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**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

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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

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Carers Hub

Call us: 01183247333 Email us 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/disabledadatations

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**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

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**Parenting Special Children**

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
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

Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.org
**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**

Please call Christiana Assuming on this number 0118 324 7333 or ask@berkshirecarershub.org.
Thank you for taking part

**Boat trip – Windsor**

Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.org
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/fluervaccine
Grilled Asparagus and Shiitake Taco

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.

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

PREP TIME : 0 hours 15 minutes
TOTAL TIME : 0 hours 20 minutes
Wokingham Upcoming Support Groups
For further details call 0118 324 7333

For further details call the hub : 0118 324 7333

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<th>When/Where</th>
<th>Feb</th>
<th>Mar</th>
<th>April</th>
<th>Every Month</th>
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<tbody>
<tr>
<td>Genral Group - The Bradbury Centre Rose Street Wokingham RG40 1XS</td>
<td>10-12pm</td>
<td>12th</td>
<td>11th</td>
<td>8th</td>
</tr>
<tr>
<td>Stroke Carers Group - The Bradbury Centre Rose Street Wokingham RG40 1XS</td>
<td>10-12pm</td>
<td>13th</td>
<td>12th</td>
<td>9th</td>
</tr>
<tr>
<td>Alzheimers Café - The Bradbury Centre Rose Street Wokingham RG40 1XS</td>
<td>1-2.30pm</td>
<td>4th</td>
<td>31st</td>
<td></td>
</tr>
<tr>
<td>Carers Forum - St Pauls Parish Rooms Reading Road Wokingham RG41 1EH</td>
<td>10-12pm</td>
<td></td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td>Long Term Conditions Carers Group - Wokingham Hospital 41 Barkham Road RG41 2RE</td>
<td>6-7.30pm</td>
<td>4th</td>
<td>31st</td>
<td></td>
</tr>
<tr>
<td>NEW Parent Carers Group - Our House Toutley Road Wokingham RG41 1AN</td>
<td>9.30-11.30am</td>
<td>14th</td>
<td>6th</td>
<td>3rd</td>
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</table>

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

Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.org
### West Berkshire Upcoming Support Groups

For further details call 0118 324 7333

#### Groups for carers of people with any disability or illness

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<th>Apr</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Lambourn</td>
<td>Lambourn Memorial Hall, Oxford Street, Lamboum, RG17 8XP. 10-12 pm</td>
<td>20th</td>
<td>19th</td>
<td>16th</td>
<td>Every 3rd Thurs of the month</td>
</tr>
<tr>
<td>Pangbourne</td>
<td>Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12—2 pm</td>
<td>5th</td>
<td>4th</td>
<td>1st</td>
<td>Every 1st Wed of the month</td>
</tr>
<tr>
<td>Newbury</td>
<td>Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm</td>
<td>27th</td>
<td>26th</td>
<td>23rd</td>
<td>Every 4th Thurs of the month</td>
</tr>
<tr>
<td>Hungerford</td>
<td>Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 -12:00</td>
<td>18th</td>
<td>17th</td>
<td>21st</td>
<td>Every 3rd Tues of the month</td>
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#### Carers Support Group for carers of people with all Types Of Mental Health Conditions

<table>
<thead>
<tr>
<th>Area</th>
<th>When /Where</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Thatcham</td>
<td>Taste of England Pub, Lower Henwick Farm, Thatcham, RG19 3AP 10am - 12pm</td>
<td>19th</td>
<td>18th</td>
<td>15th</td>
<td>Every 3rd Wed of the month</td>
</tr>
<tr>
<td>Thatcham</td>
<td>Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm</td>
<td>12th</td>
<td>11th</td>
<td>8th</td>
<td>Every 2nd Wed of the month</td>
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#### Reading Upcoming Support Groups

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