Contents                           Page
Information on the Coronavirus   2
Buy an NHS Prescription          3
Prepayment Certificate           3
Specsavers Home visits           3
Dental treatment for people with special needs 4
Donations                        5
Western Elms Drop in Sessions    6
NEW Working Carers Group in Reading 6
Reading                          7
Wokingham                       8
West Berkshire                   9
Wokingham Support Groups         10

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
WHAT'S THE RISK OF CATCHING CORONAVIRUS IN THE UK?
THE UK CHIEF MEDICAL OFFICERS HAVE RAISED THE RISK TO THE PUBLIC FROM LOW TO MODERATE. BUT THE RISK TO INDIVIDUALS REMAINS LOW.

**HOW TO AVOID CATCHING OR SPREADING GERMS**

There's currently no vaccine for coronavirus. But there are things you can do to help stop germs like coronavirus spreading.

**Do**

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell

**Don’t**

- do not touch your eyes, nose or mouth if your hands are not clean

**Call 111 now if you've been:**

- to Wuhan or Hubei Province in China in the last 14 days (even if you do not have symptoms)
- to other parts of China, including Macau and Hong Kong, in the last 14 days and have a cough, high temperature or shortness of breath (even if it's mild)
- to Thailand, Japan, Taiwan, Singapore, Republic of Korea or Malaysia in the last 14 days and have a cough, high temperature or shortness of breath (even if it's mild)
- in close contact with someone with confirmed coronavirus

**SYMPTOMS OF CORONAVIRUS**

THE MAIN SYMPTOMS OF CORONAVIRUS ARE:

- A COUGH
- A HIGH TEMPERATURE
- SHORTNESS OF BREATH

**HOW CORONAVIRUS IS SPREAD**

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses spread in cough droplets.

It's highly unlikely coronavirus can be spread through packages from affected countries or through food.

**HOW TO ISOLATE YOURSELF IF YOU COULD HAVE CORONAVIRUS**

IF THERE'S A CHANCE YOU COULD HAVE CORONAVIRUS, YOU MAY BE ASKED TO ISOLATE YOURSELF. THIS MEANS THAT FOR 14 DAYS AFTER RETURNING FROM CHINA OR OTHER SPECIFIED AREAS, YOU SHOULD STAY AT HOME.

- not go to work, school or public areas
- not use public transport or taxis
- ask friends, family members or delivery services to carry out errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food

While the risk to people in the UK is low, these steps can help reduce the possible spread of infection.
Buy an NHS Prescription Prepayment Certificate

Save money on NHS prescriptions by prepaying for them.

You can pay a set price for prescriptions for 3 or 12 months, no matter how many you need.

A prescription costs £9 per item, but prepaying for an unlimited number of prescriptions is:

**£29.10 for 3 months**

**£104 for 12 months (or 10 Direct Debit instalments of £10.40)**

How it works

Information They do not send out plastic cards any more because they take time to reach you. They are also costly to the NHS and the environment.

We can send your certificate details by email, or you can print them at the end of the service.

Show your certificate details when you collect your prescription. You can collect prescriptions straight away, if your start date is today or earlier.

You can apply for one online by using the link below

https://apps.nhsbsa.nhs.uk/ppc-online/patient.do

---

A team of mobile opticians provide a comprehensive eyecare service to those who cannot get to them without assistance. You can benefit from a free NHS-funded eye test, great offers and high standards of care – all from the comfort of your own home.

**Book your home visit now. Call 0800 198 1132**
**CARERS STORY**

If you would like to share your experience with other carers please contact Carers Hub on 0118 324 7333 or ask@berkshirecarershub.org

---

Dental treatment for people with special needs

Some dentists may be able to treat people with special needs in their surgery. However, some people may not be able to get to their dental practice because of a disability or medical condition. In this case, the dentist should refer the patient to a more specialised dental service. Ask your dentist what is needed for a referral and if it is suitable in your case.

Specialised dental services are commonly provided by community dental services. Community dental services are available in a variety of places to ensure everyone can have access to dental health. These include hospitals, specialist health centres and mobile clinics, as well as home visits or visits in nursing and care homes.

Some hospitals or health centres also help people who need specialist care and may be able to offer treatment under sedation or general anaesthetic.

People who may need community dental services include:

- children with extensive untreated tooth decay who are particularly anxious or uncooperative
- children with physical or learning disabilities or medical conditions
- children referred for specific treatment
- children who are "looked after" or on the "at risk register"
- adults with complex needs who have a proven difficulty in accessing or accepting care in general dental services, including adults with moderate and severe learning and physical disabilities or mental health problems
- adults with medical conditions who need additional dental care
- housebound and homeless people

To find out more about the community dental care available in your area, contact NHS England on 0300 311 2233.
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.

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
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

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
The Royals Memory Cafe
Fridays—every 4 weeks starting on
Friday 21st February
2.00 pm to 4.00 pm
Players Lounge, Madjeski Stadium
Junction 11 M4 Reading, RG2 0FL

Tea, coffee cakes and biscuits kindly provided by Compass Group Catering and the venue provided by Reading Football club. Meet up, have a chat, reminisce and sometimes be joined by some of Reading Football Clubs legends.
For more information, call Age UK Berkshire on 01189 594242

Caring About Stroke
A support Group for stroke Survivors and their family/Carers
Meeting Dates
Wednesday 11th March 2020
Wednesday 8th April 2020
Meetings will be from 1.30-2.30pm
Venue
The Latter-day Saint Chapel
280 The Meadway
Tilehurst
Reading, RG30 4PE
For more information contact Diane Robson, Liz Halle or Dave Riley on 0118 321 9349

Programme for Winter/Spring
- 5th March—Music and picture quizzes with Mark Bowman
- 19th March—Action on Hearing Loss (formerly RNID)-Understanding Hearing Loss
- 26th March—Raffle and quiz
- 9th April—Games morning with cards, board games and boccia
- 16th April—Museum of English Rural Life (MERL) - Talk and presentation on the museum, its history, its collections and forthcoming events.
- 30th April—Raffle and quiz

No need to book, just turn up for further information, pop in or contact us on 0118 950 2480
We need your help to paint a picture of what it’s like to be a carer in 2020. Take the State of Caring survey - the UK’s most comprehensive research into the lives and experiences of carers. Your evidence will help us to push carers up the agendas for policy makers and to campaign for recognition and change. In the next year we want to bring your voice and experience to the head of decisions about

- Spending on care and support services
- Finance support for carers
- Improving carers’ health and wellbeing

To access the survey click on the click below
https://www.carersuk.org/

FOR Wokingham Carers ONLY
We are looking to organise a boat trip on the 11th June in Windsor.
Lunch and Transportation will be provided to Windsor, but places are limited, so first come first serve.
We will need all names by 31st March 2020 to help secure seats in the boat.
Please be mindful that after this date we cannot take anymore names.

Fraud, Burglary and Cybercrime Conference 13th March 2020
Civic Offices, Shute End, Wokingham RG40 1BN

- Stalls from 1pm, providing information from key organisations including Wokingham Borough Council, Thames Valley Police, Public Protection Partnership, Royal Berkshire Fire and Rescue, plus many more
- Expert advice on; Cybercrime and Rogue Traders.
Speakers from 1.30pm

Email: peter.slade@wokingham.gov.uk

To book a space or more information contact
Peter Slade:
Tel: 01189 746430
Email: peter.slade@wokingham.gov.uk

If transport is an issue preventing you attending,

Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.org
Winchcombe Place care home in Newbury

Dementia Cinema

2nd Saturday every month is the dementia cinema and hairdressers. 11am onwards

(Booking essential)

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

Thames Water Priority Service

Thames Water offers a Priority Service to customers who find themselves in vulnerable circumstances. By registering for this service Thames Water aim to provide free support in the unlikely event you have no water, by prioritising the most vulnerable first.

Thames Water will tailor their communication to meet your needs, giving you peace of mind at a time when you need it most. The Carers’ Hub is working with Thames Water to encourage our members to register by filling in the form and sending it back free of charge.

For more information visit: www.thameswater.co.uk/priorityservices or call the Extra care Team on 0800 0093652 option 3.

You can also email ecs@thameswater.co.uk. Financial support is also available to you, for more information search ‘help paying your bill’ on the Thames Water website.

Please find attached priority service leaflet with newsletter. Or carers that are on email, please call the hub on 0118 324 7333 and request a form.

Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.org
Miso cod with crunchy mixed seed and nut

**Ingredients**
- 3 sweet potatoes (about 600g), cut into 3cm chunks
- 3 beetroot, peeled and cut into 2cm chunks
- 2 red onions, finely sliced
- 1 tbsp olive oil
- 2 tbsp white miso paste (from Tesco, Waitrose and Ocado)
- 2 x 260g sustainable skinless and boneless cod loins
- 3 tsp runny honey
- 50g mixed seeds
- 50g mixed nuts
- 1 tbsp soy sauce

**Method**
- Heat the oven to 220°C/200°C fan/gas 7. Put the sweet potatoes, beetroot and onions on a large roasting tray and drizzle with the oil. Season, then roast for 30 minutes.
- Meanwhile, cut a piece of foil large enough to generously wrap the cod loins. Spread each cod loin with a teaspoon of the miso paste, then put on top of the foil. Drizzle 1 tsp honey over each, then wrap the fish in the foil to form a parcel, folding the edges to seal so there are no gaps for steam to escape. After the vegetables have been roasting for 20 minutes, toss with a spatula, then add the cod parcel to the tray and return to the oven for 10 minutes.
- Heat a non-stick frying pan over a medium heat, then add the seeds and nuts. Gently toast for 2-3 minutes, then add the rest of the honey and miso along with the soy sauce. Gently cook and stir the mixed seeds/nuts for a minute until sticky, then leave to cool.
- After 10 minutes unwrap the fish parcel, turn the oven to a medium grill, then cook for a further 3-5 minutes until everything is cooked through and the fish is golden. Serve the fish and veg topped with the sticky toasted seed/nut mix with steamed green beans, if you like.

PREP TIME : 15 MIN
COOK TIME : 35 MIN
Wokingham Upcoming Support Groups
For further details call 0118 324 7333

For further details call the hub : 0118 324 7333

<table>
<thead>
<tr>
<th>When/Where</th>
<th>Mar</th>
<th>April</th>
<th>May</th>
<th>Every Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Genral Group - The Bradbury Centre Rose Street</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wokingham RG40 1XS</td>
<td>10-12pm</td>
<td>11th</td>
<td>8th</td>
<td>Every 2nd Wednesday</td>
</tr>
<tr>
<td>Stroke Carers Group - The Bradbury Centre Rose</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Street Wokingham RG40 1XS</td>
<td>10-12pm</td>
<td>12th</td>
<td>9th</td>
<td>14th</td>
</tr>
<tr>
<td>Alzheimers Café - The Bradbury Centre Rose</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Street Wokingham RG40 1XS</td>
<td>1-2.30pm</td>
<td>31st</td>
<td>12th</td>
<td>Every Mth Tuesday</td>
</tr>
<tr>
<td>Carers Forum - St Pauls Parish Rooms Reading</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Road Wokingham RG41 1EH</td>
<td>10-12pm</td>
<td>3rd</td>
<td>5th</td>
<td>Every two Mths Tuesday</td>
</tr>
<tr>
<td>Long Term Conditions Carers Group - Wokingham</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hospital 41 Barkham Road RG41 2RE</td>
<td>6-7.30pm</td>
<td>31st</td>
<td>5th</td>
<td>Every 8 wks Wednesday</td>
</tr>
<tr>
<td>NEW Parent Carers Group - Our House Toutley</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Road Wokingham RG41 1AN</td>
<td>9.30-11.30am</td>
<td>8th</td>
<td>3rd</td>
<td>15th</td>
</tr>
</tbody>
</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
### West Berkshire Upcoming Support Groups

For further details call 0118 324 7333

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

<table>
<thead>
<tr>
<th>Area</th>
<th>When /Where</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lambourn</strong></td>
<td>Lambourn Memorial Hall, Oxford Street, Lamboum, RG17 8XP. 10-12 pm</td>
<td>19th</td>
<td>16th</td>
<td>21st</td>
<td>Every 3rd Thurs of the month</td>
</tr>
<tr>
<td><strong>Pangbourne</strong></td>
<td>Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12-2 pm</td>
<td>4th</td>
<td>1st</td>
<td>6th</td>
<td>Every 1st Wed of the month</td>
</tr>
<tr>
<td><strong>Newbury</strong></td>
<td>Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm</td>
<td>26th</td>
<td>23rd</td>
<td>28th</td>
<td>Every 4th Thurs of the month</td>
</tr>
<tr>
<td><strong>Hungerford</strong></td>
<td>Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 -12:00</td>
<td>17th</td>
<td>21st</td>
<td>19th</td>
<td>Every 3rd Tues of the month</td>
</tr>
</tbody>
</table>

#### 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>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thatcham</strong></td>
<td>Taste of England Pub, Lower Henwick Farm, Thatcham, RG19 3AP 10am - 12pm</td>
<td>18th</td>
<td>15th</td>
<td>20th</td>
<td>Every 3rd Wed of the month</td>
</tr>
<tr>
<td><strong>Thatcham</strong></td>
<td>Hillcroft House, Rooke’s Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm</td>
<td>11th</td>
<td>8th</td>
<td>13th</td>
<td>Every 2nd Wed of the month</td>
</tr>
</tbody>
</table>

### Reading Upcoming Support Groups

<table>
<thead>
<tr>
<th>Area</th>
<th>When /Where</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Whitley</strong></td>
<td>Stroke - Whitley Community Café, The Hub, 252 Northumberland Av. RG2 7QA 10-12pm</td>
<td>5th</td>
<td>2nd</td>
<td>7th</td>
<td>Every 1st Thurs of the month</td>
</tr>
<tr>
<td><strong>Caversham</strong></td>
<td>General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG 11- 12:30pm</td>
<td>2nd</td>
<td>6th</td>
<td>4th</td>
<td>Every 1st Mon of the month</td>
</tr>
<tr>
<td><strong>Tilehurst</strong></td>
<td>Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE 10:30- 12:00pm</td>
<td>17th</td>
<td>21st</td>
<td>19th</td>
<td>Every 3rd Tues of the month</td>
</tr>
<tr>
<td><strong>Whitley Wood</strong></td>
<td>General- Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH 10- 12pm</td>
<td>31st</td>
<td>28th</td>
<td>26th</td>
<td>Every Last Tues</td>
</tr>
</tbody>
</table>