

Tü Vida

Supporting your life

Newsletter

October 2020



Reading & West Berkshire
Carers Hub



Wokingham
Outreach Carers Service



We are still open

contact us any time between 9-5pm Monday - Friday

Tel : 0118 324 7333 Email : berkshirehub@tuvida.org

We are looking to reduce the amount of newsletters being sent out by post to help with the environment, if you have an email address please can you send it to

berkshirehub@tuvida.org



The sunshine in a pot!

**What a beautiful picture
which was send in by one of
our carers, using the
sunflower seeds which were
send out during lockdown**



Connecting Carers

Adult Carers, Young Carers are all welcome to join us!

Monday 12th October

- **Virtual: Dementia Awareness with Alzheimer's Society 11-12pm**
- **Virtual: Asian Women's Group 1,30-2.30pm**
- **Virtual: Young Carers: Tia Chi live sessions with James 6-6.30pm**

Wednesday 14th October

- **Virtual: British Red Cross First Aid Training 10.30-12pm**
- **Virtual: Young Carers/ Chat about Mental Health 6-7pm**
- **Virtual: Bingo 7-8pm**

Thursday 15th October

- **Virtual: Solicitors/ Rotheras (Wills, Power of Attorney) 11-12pm**
- **Virtual: Young Carers Art Class 6-7pm**

Saturday 17th October

Virtual: Young Cares Live cook-a-long session with Cara& tip on nutrition 1pm

Sunday 18th October

Virtual: Young Carers/ Pets corner 4pm

**If you wish to book on
any virtual sessions
please email our
Nottingham team on**

nottinghamshirehub@tuvida.org



Coronavirus and Scams

Be aware of scams and protect yourself and others

Be aware of people offering or selling:

- **Coronavirus testing kits - these are only offered by the NHS and GOV**
- **Vaccines or miracle cures - there is currently no vaccine or cure**
- **Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products**
- **Shopping or medication collection services**

Protect yourself and others:

If you are unsure, check with family and friends before accepting offers of

- **Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. If someone attempts to pressure you into accepting a service then they are unlikely to be genuine.**
- **Don't be rushed into making a decision, if it sounds too good to be true, it probably is.**
- **Only buy goods or services from trusted sellers and think before**

Contact

For advice on scams call the Citizens Advice Consumer Helpline on 0808 223 11 33

To report a scam call Action Fraud on 0300 123 2040

Contact your bank if you think you have been scammed.

**NATIONAL
TRADING
STANDARDS**
Scams Team



Carers Trust Survey for unpaid carers

This Carers Trust survey is part of a wider campaign Carers Trust will be running later in the year. The campaign in England will highlight:

- the UK's broken social care system,**
- the failure of successive Westminster-based governments to properly fund social care**
- the severe pressure this is putting on millions of unpaid carers**
- what support unpaid adult carers need so they can continue in their caring role without becoming isolated, exhausted and at risk financially.**

This survey for unpaid adult carers will give Carers Trust the information it needs for its campaign. They will be able to say that they have heard from unpaid adult carers right across the UK. And that they have told us:

what government support unpaid carers need to continue in their caring role

and what sort of reform of the social care system will support carers like you most effectively.

Please see use the link below to take part in the survey

[https://www.surveymonkey.co.uk/r/carerstrustautumn?
utm_campaign=11820589_Autumn%20Survey%20of%20Unpaid%
20carers%20MCU001-001%2066410%20Budget%20Holder%20S%
20Kirov%2C%20Sender%20C%
20Clarke&utm_medium=email&utm_source=Carers%
20Trust&dm_t=0,0,0,0,0](https://www.surveymonkey.co.uk/r/carerstrustautumn?utm_campaign=11820589_Autumn%20Survey%20of%20Unpaid%20carers%20MCU001-001%2066410%20Budget%20Holder%20S%20Kirov%2C%20Sender%20C%20Clarke&utm_medium=email&utm_source=Carers%20Trust&dm_t=0,0,0,0,0)

The survey will close at 10pm on Sunday 18 October.

**CARERS
TRUST**



Free Legal Talks with M2M Community Solicitors LLP

M2M Community Solicitors have been providing a series of virtual legal talks free of charge for our local carers centres and other community groups with amazing feedback and wish to extend this this service free of charge to you and the users of your service. Some carers have been left feeling even more alone than usual during lockdown and have not had the time nor the will to deal with any queries they have.

The talks explain each of the areas of law in detail so that people haven a clear understanding and after each talk we allow sufficient time for anyone to ask questions. Where questions are of a personal nature, we ask that emails are sent to us with telephone numbers so that we can call and have a personal conversation where advice can be provided.

They also offer 20 minutes of free legal advice for any new legal matter where we deal with the area of law. In a large number of cases people have been misinformed about matters by friends, relatives, the internet and even Social Services. After providing advice most clients have said that they feel relieved.

They are a friendly community solicitors practice who simply want to change the way people look at solicitors and have somewhere they feel they can turn to in order to discuss a matter and obtain advice confidentially. We are very proud of our community links and the relationships we have built over many years with organisations that mean a lot to us personally.

If you or any of your users would like to join us on any of our virtual talks you are more than welcome to do so. The details and links for the zoom talks are below:

Thursday 1 October 2020 at 12pm- Lasting Powers of Attorney

The link to register:

<https://zoom.us/meeting/register/tJlkceGgqDgiHNK9WTrrtevFSm0Pk2OjzV2A>

Friday 2 October 2020 at 12pm - Court of Protection

The link to register:

<https://zoom.us/meeting/register/tJckf-GrpzwjHNcHO-i70h0cnLzuZr20PuDY>

Monday 5 October 2020 at 12pm - Other Considerations

The link to register:

https://zoom.us/meeting/register/tJwqc-6uqT0pHtB1RWO7WvHm-mL5_oMJa3G5

Tuesday 6 October 2020 at 12pm - Redundancy

The link to register:

<https://zoom.us/meeting/register/tJAsc-CtrjsjEtZuzj7I2Zasr2gaVLmXROsh>



SUPPORT FOR INFORMAL CARERS

If you're an informal carer of any age looking after a family member at home, there is lots of support available to you - either by phone, online, or from someone visiting you at home.

Wokingham Borough Council recognises the additional pressure that has been placed on carers during the Covid-19 pandemic and wants to remind you and highlight all the different types of help and advice available to support both you and the individual for whom you care.

You can also request an assessment in your own right if you're caring for someone aged 18 or over. Simply complete an online self-assessment on our website (search carers assessment) or call the Health and Social Care Hub on 0300 365 1234 and request a paper one.

NEWS RELEASE



**WOKINGHAM
BOROUGH COUNCIL**

Citizens Advice Wokingham have recently launched a new project, funded by Wokingham United Charities and the National community who may have difficulties gaining access to our established Citizens Advice service.

Working together with local services and organisations, They are offering support to vulnerable individuals who may need information on benefits, debt, housing, work, family matters, immigration, or legal concerns.

We are happy to discuss the project in more detail and answer any questions you may have. Please email adviceathome@citizensadvicewokingham.org.uk or call our Advice Line number 0300 330 1189 and ask for Ann or Meg to call you back.



What is the Parent Employment Wellbeing project (PEW)?

PEW is a new project from Reading Voluntary Action that offers free, clear, non-judgemental and confidential information, advice, guidance and support - tailored to you and your situation. The project is delivered by RVA's School and Parent Engagement Officer, Anna Chapman. Anna can help you to:

- discuss your needs and aspirations for work
- identify any challenges and barriers to your wellbeing and achievement
- explore your options and opportunities
- know about the services and support available to you in Reading
- progress towards and into training, courses, voluntary work and employment.

The project is funded by the European Social Fund and the Education & Skills Funding Agency

Who is the Parent Employment Wellbeing project for?

The project is for parents who are over the age of 16, not in employment, not furloughed and living in Reading.



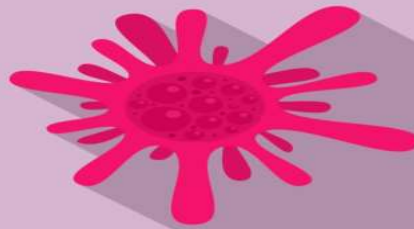
How can I find out more?

If you are interested in taking part please contact Anna Chapman by emailing anna.chapman@rva.org.uk.

READING OLDER PEOPLE'S DAY VIRTUAL EVENT **Thursday 1st October 2020**

TO SEE THE PROGRAMME VISIT
www.readingculturelive.co.uk





You may be eligible for a free flu vaccine

This year, with COVID-19 in circulation, it's more important than ever that eligible groups are vaccinated to protect them from flu.

Flu can easily spread to those around you who are vulnerable and for whom you have caring responsibilities. The free flu vaccine is the best protection for those who are most at risk. Ask your pharmacist or GP today if you or the person you care for is eligible for a free vaccine.

TURN2US

Turn2us is a national charity helping people when times get tough. They provide financial support to help people get back on track.

- **Check benefit entitlement**
- **Many grants you can apply for**

<https://www.turn2us.org.uk/>



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



Crossroad 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.



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



Asda increases its support for vulnerable customers with the launch of a 'volunteers shopping card'

In a continued effort to help provide food for local communities those most in need, Asda has launched a 'volunteer shopping card' giving those self-isolating a contact-free way to allow others to collect and pay for their weekly shop.

In response to the fact many people are relying on friends, neighbours and community volunteers to get their groceries for them, Asda has launched a dedicated 'volunteer shopping card' online, which allows self-isolating shoppers to buy a voucher online to give to volunteer to use on their behalf in store.

The scheme has been designed to create a 'contact free' and safe way for people to provide funds to those shopping on their behalf and creates mechanism for the millions of volunteers across the country pledging to step in and help those in need, including the 750,000 volunteers that have signed up to help the NHS.

Customers can buy a 'Volunteer shopping card' online and then keep topping it up, up to £150 worth of credit, which volunteers can then use to buy essential groceries.

From today, customers can go to asda.com/volunteercard to sign up - where they will then be able to buy a voucher, for use. The customer or their volunteer will then receive a barcode via email that can be used to pay for the shopping.

The ASDA logo is displayed in a bold, green, sans-serif font.

General group

Wednesday 14th October

10am-12pm

At: The Bradley Centre Circuit Office, Rose St, Wokingham RG40 1XS

You will need to book a place as due to social distancing measures places are limited.

Please contact The Hub on 0118 324 7333 where we will register your confirmation of attendance.

We look forward to seeing you there.

Reading Dementia Support Group

Is running on the 27th Oct

Venue and time to be confirmed,

please contact the hub for more information

0118923 or email ask@berkshirecarershub.org

We will be contacting all carers when the other support groups are back up and running



Shepherd's pie



PREP TIME : 35 Mins

COOK TIME : 1 Hr & 35 Mins

Ingredients

1 tbsp olive oil
1 onion, finely chopped
1 carrot, finely chopped
1 celery stick, finely chopped
1 garlic clove, finely chopped
500g lamb mince
1 tbsp plain flour
1 tbsp tomato purée
275ml lamb or vegetable stock
1 bay leaf
1 tsp Worcestershire sauce
450g potatoes, chopped into 2cm chunks
200ml milk
50g unsalted butter
pinch of white pepper
green salad or steamed broccoli, to serve (optional)

Method

Heat the oil in a large pan over a medium heat. Add the onion, carrot, celery and garlic, and sauté for 5 mins over a medium heat.

Add the lamb mince to the pan and use a wooden spoon or spatula to break it up. Cook until well browned, stirring regularly, then sprinkle in the flour and mix well. Add the tomato purée, stock, bay leaf, Worcestershire sauce and seasoning to taste. Mix everything together well, cover with a lid and simmer for 30 mins, stirring from time to time.

Meanwhile, put the potatoes in a separate pan and cover with hot water. Place over a medium heat and simmer for 20 mins or until tender and cooked through. Drain, then return to the pan and shake over a low heat to steam off excess moisture.

Put the milk in a small pan and heat gently over a low heat. Remove the potatoes from the heat and crush with a potato masher until smooth. Add the hot milk, butter and white pepper, and beat until fluffy and well blended.

Preheat the oven to gas 5, 190°C, fan 170°C. Remove the bay leaf from the lamb mixture and transfer to a large ovenproof dish. Spoon the mashed potato on top and use a fork to spread it around, sealing in the meat and making a stripy pattern.

Bake in the oven for 30 mins until the potato is crisp and golden on top. Serve with a green salad or steamed broccoli, if you like.