

Carers Hub

Reading, West Berkshire and Wokingham
Newsletter August 2019



Save The Date
Carers Rights Day
21st November 2019

***Do You Receive This
Newsletter
Direct From Us?
If not call 0118 324 7333***

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We Need Your Help.

We are aiming to collect clean empty jars, to use for an up and coming project.

The jars can be collected at all group meetings or dropped at our office:

14 Albury Close

Reading

RG30 1BD.

Thank You

Strength, balance & stamina exercises.

Thursdays, 2pm

Exercise Class for Carers.

Loddon Valley Leisure Centre

0118 931 2066

For more details, please email

heidizymela@pfpleisure.org

Managed by Places Leisure working in partnership with Wokingham

Whatever place you're into



**WOKINGHAM
BOROUGH COUNCIL**



**Places
Leisure**

Part of Places for People

Living Well In Caversham (In Later Life)

Beechwood Grove, Albert Road, Caversham, RG4 7AN.

We are hosting a Wellbeing Day for older people in Caversham. This event is aimed at reducing social isolation, improving health and wellbeing by connecting people to their community

Thursday 5th September 2019

10am to 2:00pm



Reading
Borough Council
Working better with you

Ready Friends Toolkit



The Ready Friends Toolkit has all you need to reduce loneliness and social isolation in your street, community, and for family and friends.

- Finding out what's on near me
- How can I start something in my neighbourhood?
- How do I start a conversation?
- Things I can do today!

<http://rva.org.uk/ready-friends/toolkit/>

Telephone: 0118 937 2273

Carers Support Group Berkshire Healthcare

Crisis Resolution, Home Treatment Team.

Berkshire West (Reading, Wokingham and West Berkshire)

For further information please contact :

Prospect Park Hospital, Reading RG30 4EJ

Call 0300 365 9999

Carers support groups.

As you all know, from the list on the back of your newsletter, we run regular support groups.

For those of you who have never attended one, they are a place where you can –

- Meet other carers going through the same things you are,
- Talk about your experiences and have a good old moan,
- Swap ideas on things to do that help the situation,
- Swap ideas on what doesn't help,
- Have time away from your caring role,
- Enjoy a hot or cold drink and some cake/biscuits,
- Have a laugh and a joke about anything you want to share,
- Get advise from us on any aspect of caring,
- Occasionally listen to a guest speaker

They are a friendly, informal get together where you can get as involved as you feel you want to, or just listen to other people, it's up to you.

Best of all - its completely free. If you need directions just give us a call.

We look forward to seeing you at your next closest meeting.



Care Quality

Checking that care providers are delivering a good service

If you are a member of the public or a professional, and worried about the care that someone is receiving, please let us know by completing our report a concern about care quality online form.

<https://www.westberks.gov.uk/index.aspx?articleid=31785>

Any care concerns however trivial, should be reported using a CQ1 Form

What is a CQ1 form? A CQ1 form is a form to report any concern, issue, omission, or error, in care or support provided, in adult social care no matter how trivial they may appear.

This is different to the safeguarding procedure as it is for matters that do not reach the safeguarding threshold.

Who can fill in a CQ1 form and where do I find it? Anyone can report a concern and is encouraged to do so using the following link: www.westberks.gov.uk/care-concern

What happens after I submit a CQ1 form? It will be sent to the Care Quality Team at West Berkshire Council.

They analyse the information on the CQ1 Forms They record and monitor the CQ1's They will share CQ1's with relevant care managers if applicable but will not look in to individual matters as the Care Quality Teamwork with the market issues

They will visit Providers to find out if they are meeting their legal and contractual obligations and if not will work with them until their service improves. L

They will identify themes and trends in the adult social care market, using calls and other information so wider issues can be addressed.

This work results in a better service for those receiving adult social care.

Any questions please contact carequality@westberks.gov.uk or telephone (01635) 551111.

Throughout this document this word is given its usual meaning and is not to be confused with the safeguarding definition of concern .

If you think someone is at risk of serious harm, criminal behaviour is taking place, or if the problem has occurred regularly or repeatedly and is likely to happen again, complete our online Safeguarding Alert form instead.

<https://www.westberks.gov.uk/index.aspx?articleid=29929>

Active Reading consultation

As part of the Active Reading consultation, we are particularly keen to hear from people who don't currently lead active lives. If that is you or your family, we want to know how we can help you to get you more active and how can we encourage you to try new activities or sports. If you already take part in sport or physical activity, we want to know what works for you and what you would like to see improved.

Please help us by taking part in the consultation at www.Reading.gov.uk/ActiveReading which runs for one month until 14th August. The results of the consultation will be published in the autumn.

The Council is fully committed to providing modern and much-improved facilities for swimmers, keep fit and sports enthusiasts in Reading. That includes a £30 million investment in two modern new swimming pools for Reading. Plans to deliver the modern facilities are already underway and we hope to be in a position to appoint the new leisure operator in autumn 2019 to take work forward as quickly as possible.

We will use your responses to create what is called a 'Strategic Delivery Model' for Reading. This will be a future vision for our sports and leisure offer in Reading. Having this strategy in place will help the Council access to additional funding from Sport England towards the cost of the modern new and improved sports facilities we have planned for Reading.

Kind Regards

Leisure and Recreation

Directorate of Economic Growth and Neighbourhood Services

Reading Borough Council



Do you need help to get online?

Whatever you need help with– internet, email, a new smartphone, or tablet... our volunteers can help you get going.

Tuesdays and Thursdays 2-4pm

Saturdays 10am– 12pm

Reading central Library (1st Floor)

**Also at Pavilion, 143-145 Oxford Road, Reading, RG1 7UY, Fridays 10:15am– 12pm
(during Battle library refurbishment work until September 2019)**

Details on 0118 937 2273

Part of the GET ONLINE READING project www.go-reading.org



Thames Valley alert-Drivers targeted with fake fines

Action Fraud have received an increase in reports and intelligence where elderly victims are being targeted by individuals purporting to be police officers or traffic wardens. The victims are being approached whilst parked in a car park and are told by the suspect that they have parked illegally or broken a speed limit and a photo has been taken of their car for 'evidence'.

Victims are advised that they will face a substantial penalty fine unless they pay a smaller upfront fee immediately. Victims, who opt for paying the smaller penalty, will be directed to a parking meter and asked to enter their card and PIN. These parking meters have been tampered with by the suspect in order to retain the card.

Once the victim inserts their card and are asked for their PIN, the victims are shoulder surfed for their PIN by the suspect. Once victims input their PIN, the card is retained by the machine and victims are told by the suspect to seek help from the company who operates the parking meter or their bank.

What you can do

If you are suspicious about the authenticity of the fine, do not pay it until you have verified it with your local council.

Always shield your PIN from view when using an ATM machine, and never share your PIN with anyone.

If your bank card is retained by an ATM machine, contact your bank immediately to inform them.



Our Scheduled Shopping Bus Service is £8.00. 8.00.
(Wokingham bus pass holder free) Bracknell the 2nd
October.

Woodley the 2nd , August and November.

Camberley the 2nd Tuesday of September and
December.

Farnborough the 4th Tuesday every month.



call us on
(0118) 931 0000



ReadiBus helps create mobility for everyone.

But that doesn't mean anyone can use ReadiBus.

**ReadiBus is specifically for people who cannot
make use of mainstream public transport services.**

There are 14 volunteer-run Community Transport groups in West Berkshire,

providing travel assistance to people who are unable to access other forms of transport for different reasons. If you have transport difficulties, or if you're able to volunteer some of your time driving a car, minibus or even answering calls, we would like to hear from you. Contact details for Community Transport groups are overleaf, or we can help find a group best suited to your situation.

Community Transport Needs You! Please call 01635 503 248 or visit www.westberks.gov.uk/transport

Scheme	Contact	Contact times	Area covered
Burgfield and Mortimer Handybus	0118 983 6611	Mon-Fri 09:30– 11:30	Burgfield, Mortimer, Stratfield Mortmer, Sulhamstead and Upton Nervet
Burgfield and Mortimer Volunteer Bureau	0118 983 1814	Mon– Fri 09:30– 11:30	Burgfield, Mortimer West End, Stratfield Mortimer, Silchester, Sulhamstead and Upton Nervet.
Carebus volunteer group	Graham Reeves: 0118 930 4837– for car trips, bus routes and group bus trips	24/7 messaging service. Calls requiring answering returned same day/ next day.	Aldworth, Ashamstead, Basildon, Beenham, Bradfield, Bucklebury, Englefield, Holybrook, Pangbourne, Purley, Stanford Dingley, Streatley, Sulham, Tidmarsh, Tilehurst, Thele and Yattendon.
Chapel Row Community Service Group	Georgina Cardy: 0118 971 3334	Mon, Wed and Fri 09:30– 11:30	Bucklebury, Woolhampton, Midgham, Lower Padworth, Beenham and Brimpton.
Downland Volunteer Group	Handybus: 01635 202519 Community Car: 01635 578394	Mon– Fri 09:30– 11:30	Within the area generally bounded by Winterbourne, Fawley, Aldworth, Ashampstead, Frilsham and Chieveley.
Hungerford Chain	Community Car: 01488 483727 Single wheelchair car: 01488 683727 Community handybus: 01488 682610	Mon– Fri 09:00– 11:00	Eddington, Leverton, Froxfield, Hungerford and Hungerford Newtown.
Kintbury Volunteer Group	John Head: 01488 657119	Mon– Fri 09:30– 11:30	Kintbury, Inkpen, West Woodhay, Stockcross and Wickham.
Lambourn Volunteer Group	Jane McCarthy: 01488 71356	Mon– Thurs 10:00– 12:00	Aldbourne, Lambourn, Upper Lambourn, Welford, Great Shefford Woodlands, Wickham, Eastbury and East Garston.
Newbury & District Cancer Care Trust	Transport Co-ordinator: 07717 783811	Mon– Fri 10:00– 15:00	West Berkshire
Pangbourne and District Volunteer Centre	0118 948 4586	Mon– Fri 09:30– 11:30	Pangbourne, Purley, Tilehurst, Whitchurch, Whitchurch Hill, Tidmarsh, Upper Basildon, Lower Basildon and Ashampstead.
Standby Volunteer Group	Peter Moulder: 0118 930 6419	Mon– Wed 10:00– 12:00	Bradfield, Theale, Englefield, Stanford Dingley, and Westwards journeys from Calcot.
Thatcham Volunteer Bureau	Community Car: 01635 862306	Mon-Fri 10:00– 12:00	Thatcham, Cold Ash, Crookham, Ashmore Green and Woolhampton.
Volunteer Centre West Berkshire	Handybus: 01635 37111 Community Car: 01635 49004	Handybus: Mon-Thurs 09:00- 13:00 Community Car: Mon-Fri 10:00– 13:00	Newbury, Bangor, Curridge, Donnington, Greenham, Shaw, Speen, Stockcross, Thatcham, Cold Ash, Crookham, Ashmore Green and Woolhampton

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, 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

CARERS STORY

As yet no one has come forward to tell us their story month..

What would you like to say?

What do you know that could help other carers?

Chicken and Leek one pot Stew



Ingredients

2 tbsp. olive oil
500g leeks, finely sliced
2 plump garlic cloves, finely sliced
2 thyme sprigs, leaves picked
8 chicken thighs, skinless and boneless
500g new potatoes, cut into chunks
350ml chicken stock
200g green beans
350g frozen petit pois
lemon wedges, to serve

Method

Heat the oil in a large casserole dish over a medium heat. Add the leeks, garlic and thyme, cover and cook gently for 10 mins, stirring occasionally. Season the chicken and tip into the dish with the potatoes.

Turn up the heat, pour in the stock and bring to a simmer. Reduce the heat and allow to gently bubble with the lid on for 35 mins.

Add the green beans and peas for the final 10 mins of cooking. Season to taste, then ladle into bowls or lipped plates with a squeeze of lemon.

venue change

From the 14th August 2019

The General Carers Group

Will Now be Held at :

**The Bradbury Centre Rose Street, Wokingham Berkshire
RG40 1XS**

**If you require any further information please contact me using
the contact details below:**

Contact us: 0118 324 7333

Email: ask@berkshirecarershub.org

Due to lack of attendance the Drop in sessions will cease to
continue after the 23rd of July 2019

Carers Drop in sessions 10am—12pm

New Parent Carer Group

We are launching a new Group which will commence in September it will
run term time only.

For more information on the groups dates and times please contact
Janine or Christiana on the number: 0118 324 7333



Carers Hub

Call us: 01183247333 Email us ask@berkshirecarershub.org

General Carers Group - Group held every 2nd Wednesday of the month 10-12pm

14th August

11th September

Stroke Carers group - Group held every 2nd Thursday of the month 10-12pm

held at

The Bradbury Centre Rose Street ,Wokingham,Berkshire RG40 1XS

8th August

12th September

Alzheimers Café Carers group - group meets every 2 weeks on Tuesdays 1.30 -3pm. Support for your cared for is available at this group. Please call us to arrange your first visit to the group.

The Bradbury Centre Rose Street ,Wokingham,Berkshire RG40 1XS

23rd July- 10th September NO MEETINGS

17th September

29th October – NO MEETING

Mental Health Group Held 1st Thursday of every month 2 TIL 4PM

Held at

St. Pauls Parish Rooms ,Reading Road Wokingham, Berkshire, RG41 1EH.

1st August

5th September

Carers Forum 10am - 12pm

held at

St. Pauls Parish Rooms ,Reading Road Wokingham, Berkshire, RG41 1EH.

3rd September

Long Term Conditions Carers Group

Sue Ryder Day Hospice every 8 weeks Wednesday 6pm-7.30pm

Wokingham Hospital, 41 Barkham Road, Wokingham, Berkshire, RG41 2RE

23rd July

10th September

West Berkshire Upcoming Support Groups

For further details call 0118 324 7333



Area	When /Where	August	Sept	Oct
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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	15th	19th	17th	Every 3rd Thurs of the month
Pangbourne	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon -2 pm	7th	4th	2nd	Every 1st Wed of the month
Newbury	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm	22nd	26th	24th	Every 4th Thurs of the month
Hungerford	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	20th	17th	15th	Every 3rd Tues of the month

Carers Support Group for carers of people with all Types Of Mental Health Conditions

Thatcham	Taste of England Pub, Lower Henwick Farm, Thatcham, RG193AP 10am - 12PM	21st	18th	16th	Every 3rd Wed of the month
Thatcham	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	14th	11th	9th	Every 2nd Wed of the month

Reading Upcoming Support Groups

Area	When /Where	August	Sept	Oct	Of Every Month
Whitley	Stroke— South Reading Youth & Community Centre, 252 Northumberland Av. RG2 7QA (10-12pm)	1st	5th	3rd	Every 1st Thurs
Caversham	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG (11:00- 12:30pm)	5th	2nd	7th	Every 1st Mon
Tilehurst	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE (10:30- 12:00pm)	20th	17th	15th	Every 3rd Tues
Whitley Wood	General— Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH (10:00- 12pm)	27th	24th	29th	Every Last Tues
Cemetery Junction	General -Palmer Park Library, St Bartholomews Rd, Reading, RG1 3QB (10:30- 12pm)	28th	25th	23rd	Every 4th Wed