

# Berkshire West Carers Hub

Newsletter April 2019



**Carers Week**  
**10th– 16th June**  
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***We have combined our  
newsletter with Wokingham.  
Please let us know what you  
think?***

ask@berkshirecarershub.org

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 Support Group  
Near You

# Save the Date

Carers week

Monday 10th June—Sunday 16th June.

Further details will be confirmed nearer to Carers Week

Contact us: 0118 324 7333

Email: [ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)

## Carers Week

Carers Week will be between 10—16th June this year.

We will be putting on several events for carers to attend.

If you need help arranging for someone to look after your loved one for this event or any other,

**Crossroads** can help\*

They will need to do an assessment before the day and check staff availability, so please contact them at least a couple of weeks before.

Their numbers are—

**Reading** 01189 454 209

**Newbury** ( for West Berkshire ) 0163 530 008

**Wokingham** 01189 795 324

\* Subject to availability as possible cost



# State of Caring Survey 2019.



The survey is the UK's most comprehensive research into the lives and experience of carers and many professionals who work with carers find the results provide a useful evidence base for their work locally.

We need your evidence to push carers up the agenda for policy makers and to campaign for recognition and change. In the next year we want to bring your voice and experience to the heart of decisions about:

**Spending on care and support services:** The way carers are recognised and supported will be a key part of the Government's social care policy proposals expected soon. Decisions made will affect carers in England but also social care spending across the UK.

**Financial support for carers:** Campaigning to improve financial support for carers remains our top priority and we'd like to hear about how caring has affected your finances both in the short term and how you are able to save for the future.

**Improving carers health and wellbeing:** How the NHS puts into practice commitments to act on identifying and supporting carers earlier and ensuring they have plans in place for when they need the back up of health and care services. We also want to understand how we could support people who are caring to look after their mental and physical health by being more active. We know that carers face challenges to taking part in exercise or sport and we're keen to see how we can help address those.

The closing date is **24 May 2019**

To complete the survey, please follow the link: <https://www.surveymonkey.co.uk/r/TQLBC58>



### Crafts and Laughs - Wargrave Library

Drop in for a chat and create some wonderful crafts together. Adult event. Free event.

Meets on the first Wednesday in the month, 2pm to 4pm

Tel: 0118 940 4656

### Knit Wits Knitting Group Wargrave Library

Meets third Wednesday in the month, 2pm to 4pm

Tel: 0118 940 4656

### Wokingham Library Denmark Street

#### Crafternoon

Join our regular crafts afternoon, bring your own craft and enjoy a chat in our library cafe. Drop-in session.

Meets on the last Thursday in each month the Wokingham Library Cafe, 2pm to 3pm

Tel : 0118 978 1368

Libraries Information webpage  
Service provided by Wokingham Borough Council  
[libraries@wokingham.gov.uk](mailto:libraries@wokingham.gov.uk)

# Disabled Children & Young Peoples

## Register and Care Passport (Reading Borough Council )



The Disabled Children & Young People's Register is a secure database which aims to capture information about all children and young people aged 0-25 years with special educational needs and disabilities (SEND) living within Reading Borough Council area. The information that you give us will be used anonymously to show the use of and demand for services in Reading. We will use this information to help us to plan, monitor and develop appropriate facilities and services for disabled children, young people and their families. **NOTE: This register is for Reading Borough Council residents only.**

To **register** you must complete a simple online form which will allow you to provide us with details. We will be able to use your contact details to keep you up-to-date with developments in support and other relevant information for disabled children and young people, you have the option to opt out anytime by emailing [localoffer@reading.gov.uk](mailto:localoffer@reading.gov.uk). **Note when registering a child, please register using the parent/ carers name and not the child or young persons details.**

This form is intended for completion by parents or carers of disabled children and young people and to register you must complete the online form which will allow you to provide us with details of your child or young person. We will be able to use your contact details to keep you up to date with developments in service provision and keep you up to date with the latest news including the **SEND** Local Offer newsletter and other relevant information for disabled children and young people. Section 10 of the Children Act 2004 provides the legal basis for partnerships working across local authorities, health authorities and other relevant parties; for example, parent forums. These may be used for the planning and delivery of short breaks and other services.

### Suicide Prevention

- ⇒ [Samaritans](#): 116 123
- ⇒ [Campaign Against Living Miserably \(CALM\)](#) – for men  
**Call 0800 58 58 58** – 5pm to midnight every day
- ⇒ [Papyrus](#) – for people under 35  
**Call 0800 068 41 41** – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm  
**Text 07786 209697**  
**Email** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- ⇒ [Childline](#) – for children and young people under 19  
**Call 0800 1111** – the number won't show up on your phone bill.
- ⇒ [The Silver Line](#) – for older people  
**Call 0800 4 70 80 90**

The Herbert Protocol is a national scheme introduced by the police in partnership with other agencies which encourages carers to compile useful information which could be used in the event of a vulnerable person going missing.

Carers, family members and friends can complete in advance, a form recording all vital details, such as medication required, mobile numbers, places previously located, a photograph etc. In the event of your family member or friend going missing, the form can be easily handed to the police to reduce the time taken in gathering this information.

The Herbert Protocol initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. George Herbert dies whilst 'missing', trying to find his childhood home.

#### **WHAT IS THE HERBERT PROTOCOL?**

It is a simple risk reduction tool to be used in the event of an adult with care and support needs going missing. It consists of a form that contains vital information about a person at risk that can be passed to the police at the point the person is reported missing.

A recent photograph of the person should also be kept with the form. It is not intended to replace existing safeguarding and security measures.

#### **WHO DECIDES WHO IS AT RISK?**

The judgement should be based on your professional opinion or knowledge of your family member.

#### **WHO COMPLETES THE FORM?**

In a care setting, the care provider, the person at risk or their family can fill in the form. Please seek permission from the person at risk or their next of kin. If neither is possible, the care provider should make a 'best interests' assessment.

The form should be completed and regularly updated, so that all the information is as relevant as possible.

#### **WHEN SHOULD THE FORM BE SENT TO THE POLICE?**

The police only need the form at the point the person is reported missing. There is no need to hand it to police before then and the form will be returned once the person is found.

#### **WHERE SHOULD THE FORM BE STORED?**

It should be stored securely in the care setting, in accordance with data protection laws, but where you can find it quickly.

#### **WHAT SHOULD A CARE PROVIDER DO IF THE PERSON GOES MISSING?**

After you have conducted an 'open door' search of the address, grounds and outbuildings and you believe a person is missing, alert the police at the earliest opportunity. If you believe that the person missing is at a high risk of harm, please call 999. Tell the police operator that you have the Herbert Protocol person profile.

# Churches in Reading Drop-In Centre (CIRDIC)

Day Centre offering a range of services including:

- Free clothing
- Access to showers, baths and clothes
- Access to the telephone and secure postal address
- Access to medical services and housing information

## Opening Times:

Monday, Tuesday, Friday 10am- 3:30pm

***Closed Wednesday and Thursdays***

Saturday 6-7pm

## Who to contact

**Telephone:** 0118 950 2536

**E-mail:** [enquiries@cirdic.org.uk](mailto:enquiries@cirdic.org.uk)

**Website:** <http://www.cirdic.org.uk>

**St. Saviour's Church Hall  
Berkeley Avenue Reading  
RG1 6JT**



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](http://www.thameswater.co.uk/priorityservices) or call the Extra care Team on 0800 0093652 option 3.

You can also email [ecs@thameswater.co.uk](mailto:ecs@thameswater.co.uk). Financial support is also available to you, for more information search 'help paying your bill' on the Thames Water website.

# Enham Trust - Work Programme



## GUIDING YOU TOWARDS EMPLOYMENT OPPORTUNITIES

**Have you been long term unemployed and need some support to find work?**

**Enham Trust's Work Programme supports jobseekers of all ages to secure employment.**

It can be very difficult finding a job. You may have been out of work for many different reasons. No matter what hurdles are preventing you from finding work, Enham Trust can help.

Dedicated advisors are on hand to give you the right information, advice and guidance to help you to identify and build your individual strengths and skills and guide you towards suitable employment opportunities.

Enham Trust support you every step of the way on a one to one basis to:

- Build on your own strengths
- Write a CV
- Grow your confidence
- Target the right jobs
- Seek out job opportunities
- Fill out applications for jobs
- Prepare for job interviews

### Who to contact

Telephone: 08451 307 504

E-mail: [info@enhamtrust.org.uk](mailto:info@enhamtrust.org.uk)

Please see information supplied to us by *Wokingham Older People's Mental Health Team Barkham Day Hospital, Wokingham Hospital, 41 Barkham Rd, Wokingham, RG41 2RE.*

'Creating moments of joy along the Alzheimer's journey'

You can find this and other free online courses by clicking on the link below

<https://www.futurelearn.com/courses/creating-moments-of-joy>



## **Calling all parent carers in Reading Borough**

An update on the Parent carer's assessment that you may have completed.

Shortly before Christmas, a new department was set up for the children's services by Brighter Futures. Since then the assessments for carers looking after children have been bouncing back and forward between the Adults Social care and Brighter Futures.

They are both maintaining that it is the other department that is responsible for dealing with parent carers. Brighter Futures are in discussions with management at Reading Borough Council, who are still in the process of deciding what to do.

In the meantime, there is nothing we can do but wait. I am sorry to say that it does not seem likely that the situation will be resolved quickly. As soon as we have some news we will let you know.

Christine

Reading support worker

# What to do when someone dies

## Bereavement Advice Centre



There are many practical issues to manage when someone dies. Bereavement Advice Centre supports and advises people on what they need to do after a death.

**Call freephone 0800 634 9494**

<https://www.bereavementadvice.org/>

### Step by step checklist

#### Introduction

This is a simple checklist which you may find useful as a reminder of what needs to be done after someone has died.

Some of the arrangements will need to be done by the executor or administrator of the estate and others can be done by family or friends.

Please remember that this information is just a guide.

To help you when filling out forms and writing letters, it may be useful to make a list of some of important reference numbers and information, such as the deceased's date and place of birth and marriage,

National Insurance number and tax reference numbers.

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<b>Registering the death</b>	<b>Complete</b>
Contact the doctor (GP) or hospital about obtaining the Medical Certificate of Cause of Death OR Contact the coroner's office to find out when you may be able to register the death.	
Telephone the Registrar of Births and Deaths to make an appointment to register the death.	
Complete the Notification or Registration of Death (BD8) form that you were given by the Registrar of Deaths. This will inform every department using the National Insurance number of the death, but it is advisable to telephone appropriate pensions, benefits and tax offices as soon as possible to avoid inadvertent over-payment of pensions/benefits.	
<b>Arranging the funeral</b>	<b>Complete</b>
Contact a funeral director to discuss the arrangements you want to make for the funeral and your religious or spiritual adviser, if appropriate. The Will may contain specific requests for the funeral, so it is important to check this.	
<b>Who you need to inform</b>	<b>Complete</b>
Tell family members and friends about the death.	
Employer or educational establishments	
Health professionals. You will also need to cancel any outstanding hospital, dental, podiatry or other health related appointments.	
Agencies providing care such as social services, home carers, meals on wheels and day centres	

Financial Organisations	Complete
Banks / National Savings / building societies.	
Pension providers.	
Credit card/store card providers.	
Any other financial institutions must be informed so that any accounts solely in the deceased's name can be frozen to prevent fraud. You should also inform companies /organisations with joint accounts, although these should normally still be accessible by the other joint holder	
Property and utilities	Complete
Mortgage provider.	
If the deceased lived in rented accommodation, inform the local authority, housing association or private landlord.	
Buildings and property insurance companies to ensure continued cover especially if the property is left unoccupied	
Utility companies (electricity, gas, water and telephone) and arrange transfer of account details if necessary	
TV / internet companies.	
Government offices	Complete
Pensions Service or Jobcentre Plus to cancel any benefits to the deceased or their carer. To find out more, you can call us for advice and contact details on: 0800 258 5556	
Inland Revenue to deal with tax and Child Benefit payments (if applicable).	
Local government offices that provide services such as the Electoral Register, housing benefit, council tax office, bus pass, disabled parking permits, library membership.	
The DVLA and the insurance company if the deceased owned a car or held a driving licence	
The Passport Agency.	

<b>Financial Organisations</b>	<b>Complete</b>
Other contacts	
Arrange redirection of post if necessary and reduce the burden of any unwanted mail by registering with the Bereavement Register.	
Clubs / membership organisations/social groups.	
If the deceased held a firearms licence for work and/or recreational purposes, please contact your local police station.	
<b>Dealing with the estate</b>	<b>Complete</b>
Find out if the deceased made a Will and where it is located. It may be at the deceased's property or their solicitor may have a copy. Please call us if you cannot find the Will and we will be able to advise you on the next steps.	
If there is no Will, you will need to decide who will sort out the deceased's estate and they will need to contact the Probate Registry to apply for Letters of Administration.	
Find out if probate is needed. If it is, obtain the Will, find out who the executors are and inform them of the death if they don't already know.	
Gather any documents relating to financial affairs and property ownership. If there is a Will the executor should be responsible for this.	
The executor or administrator will need to decide how to go about the probate process and whether to use a professional or undertake the administration themselves. For more infor-	

## One-pan Easter lamb



- 1.6kg bone-in leg of lamb
- 50ml olive oil plus a splash,
- 3 oregano sprigs, leaves picked and roughly chopped
- 4 rosemary sprigs, leaves of 2 picked and roughly chopped
- 1 lemon, zested (save the juice for the spring greens, see goes well with)
- 1 garlic bulb, cloves lightly smashed
- 1 red chilli, pierced
- 1kg potatoes, skins on, cut into thick wedges
- 3 fennel bulbs, cut into quarters lengthways, tops removed, green fronds reserved
- 250ml white wine
- 250ml good-quality chicken stock

### Method

1. Take the lamb out of the fridge 1 hr before cooking it and use a sharp knife to make small incisions all over the meat. Mix the oil with the oregano, chopped rosemary and lemon zest. Rub the marinade all over the lamb, massaging it well into the cuts.

2. Heat oven to 200C/180C fan/gas 6. Put the garlic, chilli, potatoes, fennel and remaining rosemary into a large roasting tin, pour over some olive oil and toss together. Season the lamb generously, then lay it on top of the veg. Roast for 45 mins until the lamb is starting to brown, then pour in the wine and stock. Continue cooking for 30 mins for rare (55C on a cooking thermometer), 35-40 mins for medium rare (60C) or 45 mins for cooked through (70C).

3. Remove the lamb and rest for up to 30 mins. Turn oven down to 160C/140C fan/gas 3, cover the veg with foil and, while the lamb rests, put back in the oven until braised in the roasting juices. Scatter the fennel fronds over the veg, place the lamb back on top and bring the whole tin to the table to serve.

<https://www.bbcgoodfood.com/recipes/one-pan-easter-lamb>

## Wokingham Outreach

### Carer Supports groups 2019

For further details call 0118 324 7333

Area	When / Where	April	May	June	Of Every Month
Wokingham	** Carers Forum- St Pauls Parish Room, Reading Road, Wokingham, RG41 1EH <b>10.00– 12pm</b>		7th		Every 1st Tues of every other month
Wokingham	Long-term condition carers group– Wokingham hospital 41 Barkham Road, Wokingham, Berkshire, RG41 2RE <b>6.00 –7.30pm</b>	23rd		18th	Weds Every 8 weeks
Wokingham	Carers Drop - in session. The Bradbury Centre, Rose Street, RG40 1XS <b>10.00 –12pm</b>	2nd 16th 19th	14th& 16th	25th	Tues Every 2 weeks

Wokingham	General -The Berkshire, 126 Barkham Rd, Wokingham, RG41 2RP, <b>10-12pm</b>	10th	8th	Carers week	Every 2nd Wed
Wokingham	Stroke Carers - The Bradbury Centre, Rose Street, Wokingham, Berkshire, RG40 1XS, <b>10-12pm</b>	11th	9th	Carers week	Every 2nd Thurs
Wokingham	Alzheimer Cafe -The Bradbury Centre, <b>1.30-3pm</b>	2nd and30th	14th	11th & 25th	Every 2 weeks on Tue
Wokingham	** Mental Health - St Pauls Parish Room, Wokingham, Berkshire, RG41 1EH <b>2.00-4pm</b>	4th	2nd	6th	Every 1st Thurs

## West Berkshire Upcoming Support Groups

For further details call 0118 324 7333



Area	When /Where	April	May	June
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### Groups for carers of people with any disability or illness

<b>Lambourn</b>	Lambourn Memorial Hall, Oxford Street, Lambourn, RG17 8XP. 10-12 pm	18th	16th	20th	Every 3rd Thurs of the month
<b>Pangbourne</b>	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon - 2 pm	3rd	1st	5th	Every 1st Wed of the month
<b>Newbury</b>	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm	25th	23rd	27th	Every 4th Thurs of the month
<b>Hungerford</b>	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	16th	21st	18th	Every 3rd Tues of the month

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

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

### Reading Upcoming Support Groups

Area	When /Where	April	May	June	Of Every Month
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<b>Whitley</b>	South Reading Youth & Community Centre, 252 Northumberland Av RG2 7QA (10-12pm)	4th	2nd	6th	Every 1st Thurs
<b>Caversham</b>	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG (11:00- 12:30pm)	1st	6th	3rd	Every 1st Mon
<b>Tilehurst</b>	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE (10:30 - 12:00pm)	16th	21st	18th	Every 3rd Tues
<b>Whitley Wood</b>	General -Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH (10:00- 12pm)	30th	28th	25th	Every Last Tues
<b>Cemetery Junction</b>	General -Palmer Park Library, St Bartholomews Rd, Reading, RG1 3QB (10:30- 12pm)	24th	22nd	26th	Every 4th Wed