

Reading and West Berkshire Carers Hub February 2018 Newsletter



*'Live life to the fullest, and focus on the positive' -Matt
Cameron*

**If you have an email address,
please let us know!**

Email us at:

ask@berkshirecarershub.org



Depression Xpression

Depression Xpression is a peer-led social support group for anyone who may be feeling anxious, sad, isolated or depressed.

The group is open to all, and is confidential and non-judgemental. You do not need to be referred by anyone.

Who to contact

Tel- 07462 784 314

E-mail: depressionxpression@gmail.com

Where to go

Reading International Solidarity Centre (RISC)

35-39 London Street
Reading
RG1 4PS

Free parking and entry at the rear of the building,
just off East Street.

Reading Friendship Centre

The aim of the club is to provide friendship and social activity for the over 50s. Activities include outings; holidays; speakers; bingo; beetle; quizzes; call my bluff etc. Plus a summer party in aid of our current charity and a Christmas party.

Who to contact

Mrs P J Parker

Tel: 0118 983 2852

Risc Support Group

This support groups runs every
2nd Wed of the month at the

Risc Community Café, Room 1,
London Street, Reading, RG1 4PS

@

14:30- 16:00.

Hot drinks provided.



A NEW support group in Cemetery Junction, Reading.

Venue: *Pakistani Community Centre*

Park Community Hall, London Rd,

Reading RG1 3PA

Dates: *Starting in May 2018.*

Please contact us on: 0118 324 7333 Or alternately email us at: ask@berkshirecarershub.org



Reading and West Berkshire Upcoming Support Groups

For further details call 0118 324

Area	When /Where	Feb	March	April	
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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	15th	19th	Every 3rd Thurs
Pangbourne	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon -2 pm	7th	7th	4th	Every 1st Wed
Newbury	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm	22nd	22nd	26th	Every 4th Thurs
Hungerford	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	20th	20th	18th	Every 3rd Tues
Reading	Stroke-Whitley Community CAFÉ, 252 Northumberland Av RG2 7QA 10-12pm	1st	1st	5th	Every 1st Thurs
Caversham	The Griffin, 1st Floor Meeting Room, Church Road, Caversham, RG47AD 11am -12.30 pm	5th	5th	Bank Holiday	Every 1st Mon
Reading Afternoon	Room 1 Risc, 35-39 London Street, Reading, RG1 4PS 2.30 pm -4 pm	14th	14th	11th	Every 2nd Wed

Groups for carers of people with Mental Health Conditions

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

Alana House - Women's Community Project

Alana House is an award winning innovative women's community project run by Parents and Children Together (PACT) charity that uses a holistic approach to support vulnerable women with complex needs, including ex offenders and those at risk of offending. Alana House won the Howard league for Penal reform "Womens" category in 2014.

Part of the PACT Communities Team, Alana House works alongside Bounce Back 4 Kids (BB4K) project, which supports children and parents who have previously experienced domestic abuse.

Drop in open Monday 1pm-3pm, Wednesday 12.30pm - 2.30pm, Thursday 1pm - 2.30pm

Creche available for service users on Wednesdays.

Who to contact

Alana House
Women's Project Administrator
0118 9217640
Adminalanahouse@pactcharity.org

Age UK Reading - Toenail Cutting Service

Toenail cutting service for people over 50 years old, who live in the Greater Reading area. For full details please contact our office.

Who to contact

0118 950 2480
[in-fo@ageukreading.org.uk](mailto:info@ageukreading.org.uk)
www.ageuk.org.uk/



Berkshire Keep Fit Association

The Berkshire Keep Fit Association provides exercise, movement and dance classes for active adults aged 16+. In addition, classes for the less able are available as seated movement classes. Teacher training courses are also available.

Who to contact

Mrs Maureen Lomas
berkshirekfa@tiscali.co.uk
www.berkskfa.org.uk/

The Maples Resource Centre & Carers Group

The Maples are already developing their service to include a **NEW** Cognitive Stimulation Therapy 14 week Course Starting February 2017 and by partnership working with Age UK Reading, The Maples will host a **NEW** Carers Respite Service from January 2017.

The Day Service is a lovely fresh new environment with plenty of activities and opportunities on offer for Older People and for our Partners across the Voluntary Sector to make use of the space and work together to enhance the offering of services.

The Maples provides services to adults who because of their age, disability or long term illness need support to maintain their independence and stay involved in social and community activities.

Who to contact

Tracy Newport
Resource Centre Manager
0118 9374525
tracy.newport@reading.gov.uk

Reading Activities Centre:

A2Dominion

Charles Clore Court, Chimney Court and Cornerstones activities centres provide a full programme of structured activities for people aged 50 and over with a disability, or those over the age of 60, with qualified support staff to meet their needs.

Who to contact

Reading Activities Centre Staff

01189 507 914

activiesteam@a2dominion.co.uk



Prostate Cancer Awareness & Free PSA Blood Test Event

Reading Lions Club invites all local men over 45 (younger if you have a family history of prostate cancer) to the Circle Hospital Reading on Saturday 3 March 2018 to learn more about prostate cancer and take a simple PSA blood test.

At the: Circle Hospital Reading

On Saturday 3 March 2018

Starts: 08:00

Finishes: 17:30

Telephone: 0118 948 4469 / 07881 903 042

Home Repairs Grants

Grants to help towards the cost of small essential repairs to make your home safe and weatherproof.

Who to contact:

0118 937 2466 / 0118 937 2562



Manual Handling course

Free For Un Paid Carers

Date 27th March 2018

10am – 1pm

Venue

Frank Hutchings Community Hall

Bradley-Moore Square

Thatcham

West Berkshire

RG184QH

To book please contact

Berkshire West Carers Hub

01183247333

Basic First Aid Training

Free For Un Paid Carers

Date 27th March 2018

1:30 – 4pm

Venue

Frank Hutchings Community Hall

Bradley-Moore Square

Thatcham

West Berkshire

RG184QH

To book please contact

Berkshire West Carers Hub

01183247333

Autism Friendly Screenings Vue Reading

Special Needs screenings at Vue Cinema Reading

Last Sunday of the Month at 10.15am

Tickets for the Film can be bought upstairs at the refreshment kiosk or online.

- If you have a wheelchair, please arrive at 09.00am, as you will need to use the lift.
- Wheelchairs and profoundly physically disabled children will be ushered into the Cinema first, enabling them to get their tickets, buy their refreshments and be settled by their Carers in the Screening Room.

• The Cinema will open it's refreshment kiosks to buy Pop-corn, Drinks and other Cinema Goodies, however if your Child has allergies, or follows a strict Wheat & Dairy Free diet, you may bring your own snacks, as these are not provided by the Vue group at present.

It is OK if your Child feels the need to make a noise, jump up & down, clap or move around and express themselves, we are all in the same boat, so don't worry, Our 'A for Film' Club is a venue, where none of us will have to suffer the disapproving Tuts or Glances of the General Public !!!If you have any questions please call the customer services number or go to the link.

Free entry for carers with a valid Cinema Exhibitors Card (CEA) <https://www.ceacard.co.uk/>

Who to contact

08712 240240

0300 303 9062

autismfilms@dimensions-uk.org

www.dimensions-uk.org/



How to Properly Prepare Your Home for Alzheimer's Caregiving

Imagine waking up in a house that you might not recognise, surrounded by unfamiliar objects and by people you vaguely remember. This is how many Alzheimer's patients feel. Being a home caregiver of a loved one suffering from Alzheimer's is a heavy responsibility. Learning a few key concepts might help you in [preparing your home](#) for your loved one with Alzheimer's.

How It Begins

There are 850,000 people with dementia in the UK, with numbers set to rise to over 1 million by 2025. This will soar to 2 million by 2051.

- 225,000 will develop dementia this year, that's one every three minutes.
- 1 in 6 people over the age of 80 have dementia.
- 70 per cent of people in care homes have dementia or severe memory problems.
- There are over 40,000 people under 65 with dementia in the UK.
- More than 25,000 people from black, Asian and minority ethnic groups in the UK are affected.

Over time, the damage to the brain begins to affect motor skills and balance and deteriorates functional movement. It's a good idea to initiate an [action plan](#) that helps you assess the home and your loved one's individual needs to implement modifications sooner rather than later.

Increase Comfort

Alzheimer's patients will begin by losing short-term memory and eventually have a hard time remembering people they've known their entire lives. As this occurs, patients may experience agitation, anxiety, and depression. Simply by considering a few [decoration tips](#), as the Huffington Post suggests, you might help mitigate some of this discomfort. Some tips include:

Personalising the environment: This means creating a personalised space for loved ones that is decorated in a familiar way. This might be through family photos, familiar landscapes, or themes they're passionate about.

Avoiding clutter: Keep needless clutter away. Avoid having old newspapers stacking up or clothes laying around.

Rearranging furniture: Try to create easily navigable spaces in your home and removing unnecessary obstructions. Simplify your home to avoid causing confusion.

Adding lighting and contrasting colours: Studies suggest that [brightening lights](#) decreases depression and helps patients remain more active. Avoid busy patterns that can disorient, and add furniture of contrasting colors to help visibility.

Using labels: Put pictured labels on doors to make it easier for them to find their way.

Reducing noise: Too much sensory stimuli can cause confusion or anxiety. Installing carpet, for example, can help in reducing noise.

Increase Safety and Functionality

Caregivers should consider how they can make the house work better for loved ones so they can maintain some sense of independence and freedom. At the same time, you want to have some peace of mind that you've done the best you can to ensure they don't get hurt. The National Institute of Aging suggests [minimising danger](#) and helping prevent problems through minor modifications, including:

Ensuring that smoke alarms and carbon monoxide detectors are working and updated

Using childproof plugs and locks for cabinets that contain prescription medications or harmful chemicals

Installing alarms that alert you when someone opens a door or window

Safety by Room

Each room has its own dangers and precautions you can take. A few [useful tips](#) may help you avoid a problem or accident.

Kitchen

Be mindful of sharp knives or appliances that might be dangerous to a person with Alzheimer's. Check refrigerator for spoiled food often and label the stove to avoid accidents.

Bedroom

Use monitoring devices to help you hear if your loved one needs help. Keep a night light on at all times and be cautious with portable heaters that can cause accidents.

Bathroom

Install grab bars and use a shower seat and raised toilet seat. You can also lower the temperature on your water heater to avoid scalding.

When taking care of loved ones with Alzheimer's, remember their world and their body is changing. There will be constant modifications as the disease progresses, and the best advice is to remain vigilant and watch patterns of behavior that can help you identify problem spots and solutions. With a few modifications, you can create an atmosphere that makes them feel comfortable, safe, and independent for as long as possible.

Photo Credit: [Pixabay](#)



Information

...and Fun Day!

Do you have a child or young person with additional needs in your family?

Reading Families Forum are holding a free Information and Fun Day. Come along to find out about the support available to you from local and national organisations.

Sat **17th March** @14:30-17:00

Academy Sport
Northumberland Avenue,
Reading,
RG2 8DF

Contact: fran.morgan.rff@gmail.com
0751 6185380

Stall holders from Reading Borough Council, local charities, health services and many other service providers will be there to offer advice and information. A full list can be found on our website

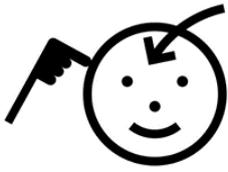


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www.readingfamiliesforum.co.uk

A voice for families of children and young people with special educational needs and/or disabilities



Makaton Training

from Clere Communicators



Makaton is a language programme using signs, symbols & speech to help people to communicate

Lesley is an experienced teacher & licenced Makaton Tutor who can provide advice, support & training to settings & families, as well as offering a range of training courses & workshops in West Berkshire & surrounding areas.



If you are interested in learning more about Makaton please contact Lesley for further information:

Lesley Bungay

Tel: 07789 904550

Email: Lesley@bungays.co.uk

DEMENTIA FRIENDLY COMMUNITY



London Irish

London Irish have teamed up with West Berkshire Council to develop a social programme for people

living with dementia in our community. Come along with your loved one and join us in watching old rugby matches and enjoy coffee, cake and chat about all things rugby.

TIME 10.30AM - 12.00PM

WHERE

Riverside Community Centre
Rosemoor Gardens,
Newbury RG14 2FG

WHERE

Phoenix Resource Centre,
Newtown Road, Newbury
RG14 7EB

WHEN

28 February
14 March
28 March
11 April
25 April
9 May

WHEN

7 March
21 March
4 April
18 April
2 May
16 May



In partnership



London Irish

PLEASE CONTACT

Joseph.pegg@london-irish.com or
call Sue Butterworth on 01635 503410



Has caring stopped you from doing what you enjoy?

It's important to try and have some Me time, relax and enjoy yourself. Try something new.

West Berkshire Heritage Museum provide a range of heritage activities for all ages at West Berkshire Museum and Shaw House. Some Examples are shown below.

EXHIBITIONS

Crime & Punishment, finishes Sun 15 Apr
Paper, People & Print, finishes Sun 20 May

WORKSHOPS

West Berkshire Museum

Clay Tiles & Brooches Sat 10 Feb
Still Life Painting Wed 21 Feb
Green Man ceramics Sat 24 Mar
Indoor Planter Sat 21 Apr
Paper Making Fri 27 Apr
Delft Tiles 18 May, 22 Jun, 20 Jul
Willow for the Garden Fri 08 Jul

TALKS

West Berkshire Museum

Roman Silchester (Calleva)Wed 17 Jan
Newbury's Lost Roman Cemetery Wed 21 Feb
The Curridge Hoard Wed 21 Mar
West Berks in Roman Times Wed 18 Apr
The Armourer's Dilemma Fri 22 June

For more details

Email: museum@westberks.gov.uk Call: 01635 519562

<http://www.westberkshireheritage.org/whats-on>

