

Reading and West Berkshire Carers Hub

Newsletter August 2018



Disability Awareness Funday

See Page 2

**Training courses
available soon.**

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 Group
Near You



Disability Awareness Funday

The theme for the day will be cultural, wellbeing and leisure— lots of information and fun activities.

Wednesday 8 August 2018

11am—2pm

The Weller Centre

110 Amersham Rd, Caversham, Reading, RG4 5NA

Welcome with the
Mayor of Reading
Cllr Debs Edwards

Light refreshments
Sponsored by Tesco

Tai Chi
Singing for pleasure
Hand massage, nail
painting & filing

Stalls

- Readibus—Carers Hub—Unlock your wellbeing
Compass Recovery College - REMAP—Mindfulness
Reading Fibromyalgia—Arthritis Matters
•and many more
•Activities
•Tai Chi (seated or standing) - Messy Play
•Mindfulness: an introduction
•Learn simple sign language—and more!

**Tesco, PDSN Reading Voluntary Action
Reading Borough Council**

Duchess of Kent Cake Off

Event details

Date: 01 September 2016 - 31 December 2016

Location: Anywhere on behalf of Duchess of Kent Hospice

Ovens at the ready, it's time for Sue Ryder's Duchess of Kent Cake Off

Whether you're a budding baker or kitchen rookie, show off your culinary talents and join our brand new Duchess of Kent Cake Off fundraising event this autumn.

A baking party is perfect for bringing people together, and can easily be held at home, work, school or together with friends. Let your imagination run wild and concoct the most creative and appetising cakes you can, sharing mouth-watering photos of your tasty treats via social media using the hashtag **#DOKCakeOff**.

As well as a chance to win a fun prize, joining this event will also help us raise vital funds to support our incredible hospice care through cake sales and voluntary contributions.

HOW TO GET INVOLVED

Register online and download the fundraising pack from the link you'll find in your registration email.

Bursting with ideas to help you add something special to your kitchen creations, alongside information on our sweepstake competition, this has all the ingredients to get you started!



Contact details

Name

Fern Haynes

Telephone

0118 939 4889

Email

dokh.fundraising@suerydercare.org

Fundraising information

Fundraising target £50

~NEW~ Support Groups in Reading

Where: Palmer Park Library, St Bartholomews Road, Reading, RG1 3QB

Parking available on road for max 2hrs.

When: Starting on 25th July

Time: 10:30– 12pm (Every 4th Wed of the month)

Refreshments provided. For more details please call the hub on 0118 324 7333 or alternately email us on ask@berkshirecarershub.org

Where: Whitley Wood Community Centre, Swallowfield drive, Reading, RG2 8UH

Parking available onsite. Bus route, No.6

When: Starting on 16th July

Time: 10:00– 12pm (Every 3rd Mon of the month)

Refreshments provided. For more details please call the hub on 0118 324 7333 or alternately email us on ask@berkshirecarershub.org

Dementia group:

Where: Emmanuel's Methodist Church, 448 Oxford Road, Reading, RG30 1EE

Parking available onsite. Bus route, 17

When: Starting on 26th June

Time: 10:30– 12pm (Every 4th Tues of the month)

Refreshments provided. For more details please call the hub on 0118 324 7333 or alternately email us on ask@berkshirecarershub.org

If you would like your newsletter by Email

Please let us know!

Email us at: ask@berkshirecarershub.org

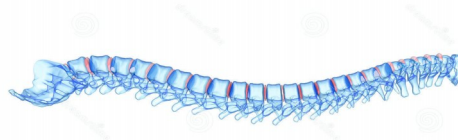
*We will be arranging 2 training sessions
in the near future for carers.*

Manual Handling & First Aid

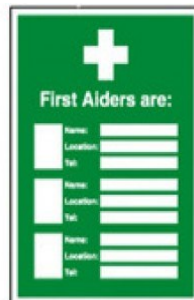
*If you would like to attend either of these courses please get in
contact on our usual number or email address*

ie - 01183 247 333

Or ask@berkshirecarershub.org



Download from
Dreamstime.com



First Aiders are:	
Name:	_____
Location:	_____
Tel:	_____
Name:	_____
Location:	_____
Tel:	_____
Name:	_____
Location:	_____
Tel:	_____

Other courses coming soon.

The phone rings, you rush to answer but there's no-one on the line.

Abandoned and silent calls can be annoying and irritating at the best of times.

But for some people – for example, those living alone – these calls can be particularly frightening.

This guide explains more about these calls, what can cause them and what you can do about them.

What are abandoned and silent calls?

An abandoned call is one that is terminated when you pick up the receiver. Instead of a person on the other end of the line you hear an information message from the organisation that is trying to call you.

A silent call is where you receive a call but you can hear nothing and have no means of knowing

whether anyone is at the other end of the line.

What causes them?

Most abandoned and silent calls are not necessarily made deliberately but can be caused by the

use of technology by organisations to maximise the amount of time their calling agents spend speaking to consumers.

The majority of abandoned calls are caused by automated calling systems known as diallers.

These diallers, mainly used in call centres, dial telephone numbers automatically and connect people to call centre agents as soon as the phone is answered.

But diallers may not always work as intended. For example, if the dialler makes a call but there is

no call centre agent on hand to deal with it, you might receive an abandoned call.

Silent calls can occur, for example, when the technology used by call centres to detect answer machines

mistakes you answering for an answering machine, and cuts off the call without playing

Nuisance calls and messages:

What is the law in this area?

Ofcom tackles abandoned and silent calls and has published a policy statement for industry aimed at reducing the harm caused by these calls.

Where someone is repeatedly making abandoned and/or silent calls, **Ofcom** may take enforcement action, including fining the caller up to £2 million.

Ofcom continually monitors complaints about abandoned and silent calls and can launch an investigation if it believes a caller is not following the law.

I'm receiving silent/abandoned calls – what can I do?

If you are receiving abandoned or silent calls we recommend taking the following action:

Try and identify the caller: All companies using automated diallers should present a Calling Line

Identification number on your telephone's display, and allow you to obtain the caller's telephone

number by dialling 1471.

Alternatively, the automated message from an abandoned call should disclose the name of the

organisation and provide a number that you can call to opt-out of receiving further calls.

Why complain?

Your complaint can provide real benefits, both for you as an individual and for consumers generally.

This is because complaints play a vital role in helping regulators tackle the companies responsible for nuisance calls and messages.

Without your complaints regulators would find it much harder to identify and take action against those responsible.

Although complaining may not put a complete or immediate stop to all your nuisance calls or messages, it does help regulators take more targeted action in this area.

Making a complaint is simple. You can do it online, by phone or by post, and it can take as little as 5 minutes.

Complain to Ofcom:

Complain by:

- ringing our Consumer Contact Team on 0300 123 3333
- going online: <https://stakeholders.ofcom.org.uk/tell-us/webflow/silent-calls/>
- or by post: **Ofcom**, Riverside House, 2a Southwark Bridge Road, London, SE1 9HA

You should try to provide as much information as you can about the abandoned or silent call, including:

- the name and number of the caller;
- how many times you have been called by the same number; and
- over what period of time have you been receiving the calls.

If you are unable to identify the caller you should contact your phone company. Most phone companies have a nuisance calls team, who can give you advice on what to do next.

What Would you like to see in our Newsletters?

Let us know

ask@berkshirecarershubs.org



Your Local Specialist

Continence Awareness Session to be held in store on

Tuesday 21st August 2018 2pm-4pm

Our Continence Awareness Session is an informal opportunity to seek help or advice for anyone who suffers or cares for someone with a bladder or bowel dysfunction.

Come along and get **FREE** advice from the Abena Continence Nurse Advisor.



- Nurse Advisor for Abena UK
- **FREE** Samples & **FREE** Refreshments

221 Shinfield Road, Reading RG2 8HA

Tel: (01189) 862121



Your Local Specialist

We're Hosting a Coffee Morning

Join us at our Reading Store

(221 Shinfield Road, Reading RG2 8HA) on

Tuesday 4th September

10am - 12pm

to chat to our friendly staff whilst enjoying
FREE refreshments and picking up a few goodies.



Parkinson's UK self-management programme: A Path through Parkinson's

A Path through Parkinson's is a self-management programme designed to help you think about and plan how you want to navigate your life with Parkinson's. It brings 8-12 people with Parkinson's, partners and carers together for six sessions of discussion, activity and self-reflection. It is free to attend.

Each self-management group is led by trained volunteer facilitators with first-hand experience of Parkinson's. The aim is to share experiences and discuss the practical and emotional impact of Parkinson's. People tell us that as a result of attending they feel armed with information and knowledge and more confident, positive, in control and able to move forward. By meeting others, people also feel less alone.

Participants also gain greater self-awareness and insight and a personal action plan for doing specific things such as exercise, hobbies and therapeutic activities. Talking in the group can also improve speech.

In our area:

Henley Self-Management Group

Dates: Tuesday 9 Oct – Tuesday 13 Oct

Time: 10.30am – 1.00pm

Venue: Tbc

For more information or to book a place people just need to email selfmanagement@parkinsons.org.uk or call **020 7963 3924**.

This is what some previous participants say about *A Path through Parkinson's*:

Julie attend a self-management programme in Derby "The self-management programme is unique; I've not come across anything like it before. It brings together different types of people who are in different types of situations, but with an understanding of each other. It helped me get over some of the little demons inside my head – it's a reality check. The group is beneficial to people of any age, at any stage and at any time. I would recommend it to everybody – it was the best three Mondays I've had and it will stay with me forever."

Carol attended a partners and carers group in Leeds in 2015. She then went on to train to be a Self-Management Facilitator. "As Chair of the Leeds Branch I can really see how the programme differs from the really valuable social support we provide - it's a chance to talk through some of the bigger questions about life with the condition."

Reading Carer's Emergency plan

A carer's emergency plan sets out who should be contacted and what needs to be done to make sure the person you care for is safe and supported in your absence. It provides peace of mind that support is available if you are delayed, taken ill, stuck in traffic or involved in an accident.

Contact your social worker

or

The Carer's Hub on 0118 324 7333

ask@berkshirecarershub.org to create your emergency plan.

Make a list of telephone numbers to contact in case of emergency. Keep a copy of this list in your purse or wallet and by the telephone of the person you care for. Save the ICE numbers in your phone as ICE1, ICE2 etc so the format is easily recognisable.

In a serious emergency where life or property is threatened, dial 999 to call the emergency services

- Emergency social work duty team: 01344 786543
- Out of hours mental health crisis line: 0300 365 99 99
- GP out-of-hours service: 111

IN CASE OF EMERGENCY (ICE) NUMBERS





DLA

Don't miss out

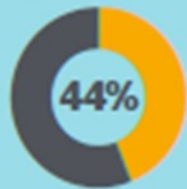


Disability Living Allowance (DLA) is the main benefit for disabled children. It is there to help meet some of the extra costs of having a disabled child.

Families describe getting DLA as life-changing.

However, take up is low and millions go unclaimed.

New evidence¹ from the Counting the Costs campaign finds the main reasons why families are not making a claim for DLA are often linked to misconceptions about DLA eligibility.



44%
think their child's disabilities wouldn't count



24%
think they need a diagnosis for their child



18%
feel uneasy claiming benefits for their disabled child



13%
were told by someone their child wouldn't be eligible

“ DLA means my son gets the chance to do the same things other kids do. ”

“ Before I spoke to Contact I didn't think that my daughter would get DLA. ”

“ I didn't think her condition was severe enough. ”

“ I felt unsure about the idea of claiming benefits at all. ”



The Counting the Costs campaign want more families to get advice on this life-changing benefit.

Call our free helpline on **0808 808 3555** so we can talk you through the rules for getting DLA and send you our free guide.

¹ Based on responses from 481 families currently not claiming DLA for their disabled child

Who is at risk of dehydration?



Anyone can become dehydrated, but certain groups are particularly at risk. These include:



Babies and infants

They have a low body weight and are sensitive to even small amounts of fluid loss.



Older people

They may be less aware that they are becoming dehydrated and need to keep drinking fluids.



People with a long-term health condition

Such as diabetes or alcoholism.



Athletes

They can lose a large amount of body fluid through sweat when exercising for long periods.

Signs of dehydration include:

- Feeling thirsty and lightheaded
- A dry mouth
- Tiredness and confusion
- Dark coloured, strong smelling urine
- Passing urine less often than usual

A baby may be dehydrated if they:

- Have a sunken soft spot on their head
- Have few or no tears when they cry
- Have fewer wet nappies
- Are drowsy

Falls can lead to a number of adverse consequences. In West Berkshire, **7,292** people aged 65 and over were predicted to have had a fall in 2015; this figure is predicted to rise to **11240** in 2030.

Falls prevention and integrated care for those who have sustained a fall is an objective of West Berkshire's Joint Health and Wellbeing Strategy 2017-2020 and, in response to this, an Ageing Well task group is mapping falls prevention services and developing a Falls Pathway for West Berkshire.

Berkshire West Timetable

READING and WOKINGHAM Sessions

Day	Time	Activity	Contact	Venue
Mon	12.00 - 1.00	Badminton/ Table Tennis	Gill	Woodford Park Leisure Centre, Haddon Dr, Woodley, Reading, RG5 4LY
Mon	2.00 - 3.00	Yoga	Julie	Meadway Leisure Centre, Reading RG30 4BZ
Mon	5.00 - 6.00	Badminton	Tony	Theale Green Recreation Centre, Theale RG7 5DA <i>(Head through Theale Green School gates and follow the road around the back to the Recreation Centre)</i>
Mon	18.30 - 19.00	Jog/ Walk	Laura	Near changing rooms Prospect Park, Reading RG30 2ND
Mon	19.00— 20.00	Badminton	Gill	Emmbrook Secondary School, Emmbrook Rd, Wokingham RG41 1JR
Tue	12.00 - 1.00	Women's Football	Laura	Prospect Park Astro turf Pitches, Reading RG30 2ND
Tue	2.00 - 3.00	Football	Ashley	Prospect Park Astro turf Pitches, Reading RG30 2ND
Wed	12.00 - 1.00	Table Tennis	Gill	Rivermead Leisure Centre, Reading RG1 8EQ
Wed	1.00 - 2.00	Badminton	Gill	Rivermead Leisure Centre, Reading RG1 8EQ
Thurs	2.00 - 3.00	Tennis	Gill	Outdoor Tennis Courts, Reading University, Shinfield Rd, Reading, RG2 7BW
Thurs	3.30 - 4.30	Tai Chi	Steve	The Bradbury Centre' Circuit Office' Rose St, Wokingham RG4J 1XS (Taking place in Mark Room)
Fri	12.00 - 12.45	Walk	Paul	Near changing rooms Prospect Park, Reading RG30 2ND



Working in partnership with
Berkshire Healthcare 
NHS Foundation Trust

Berkshire West Timetable

WEST BERKSHIRE Sessions

Mon	2.30 - 3.30	Yoga	Helen	Northcroft Leisure Centre, Newbury RG14 1RS
Tue	3.00 - 3.45	Yoga	Helen	The Lambourn Centre, Close End, Lambourn RG17 8NJ
Tue	3.00 - 4.00	Tennis	Mark/ Tony	Tennis Courts, Victoria Park, Park Way, Newbury RG14 1DJ Football –starting again 4th September
Wed	6.00 - 7.00	Badminton	Tony	Kennet Leisure Centre, Thatcham, RG19 4LJ
Thu	3.00 - 4.00	Badminton	Mal	Northcroft Leisure Centre, Newbury RG14 1RS
Fri	4.00 - 5.00	Table Tennis	Mal	Thatcham Parish Hall, Chapel Street, RG18 4JP

Contact: Laura Brooks on: 07341 267740 or
info@sportinmind.org

info@sportinmind.org

www.facebook.com/sportinmind

www.sportinmind.org

www.twitter.com/sportinmind

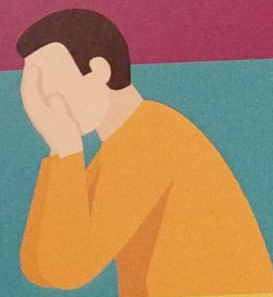
07341 267740

**www.virginmoneygiving.com/
sportinmind**

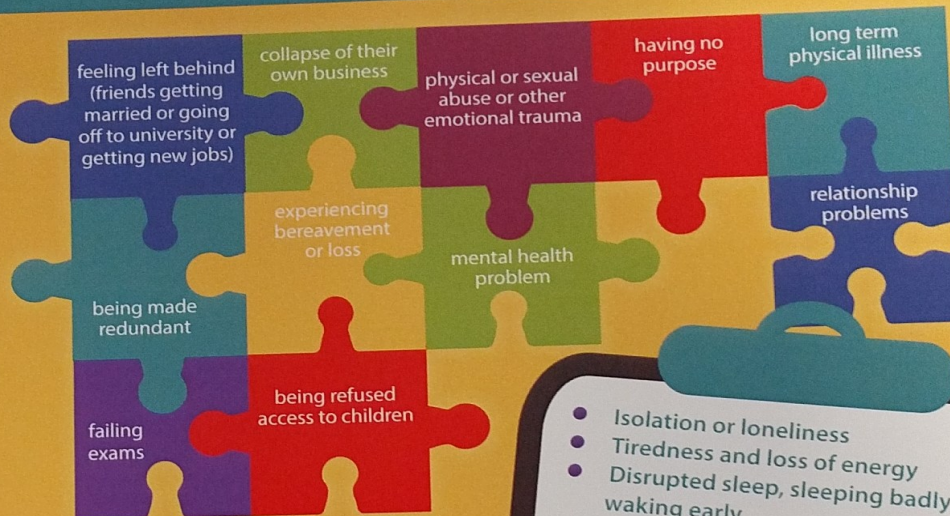
Help prevent a suicide

Suicidal feelings could include:

Believing death is your only option, feeling helpless and worthless, feeling that things won't get better, feeling overwhelmed and unable to cope, feeling undecided about whether you want to live or die.



Things that might drive someone to think about suicide



Warning signs

It can be very difficult to recognise when someone is intending to take their own life. People can become skilled at hiding their thoughts and feelings.

- Isolation or loneliness
- Tiredness and loss of energy
- Disrupted sleep, sleeping badly and waking early
- Irritability
- Addictive or dangerous behaviour
- Losing interest in work, sex, food or anything else that's usually enjoyable
- Weight loss or gain
- Giving away possessions
- Someone taking less care of themselves, for example eating badly or not caring what they look like
- A marked change of behaviour – someone may appear to be calm and at peace for the first time or, more usually, may be withdrawn and have difficulty communicating.

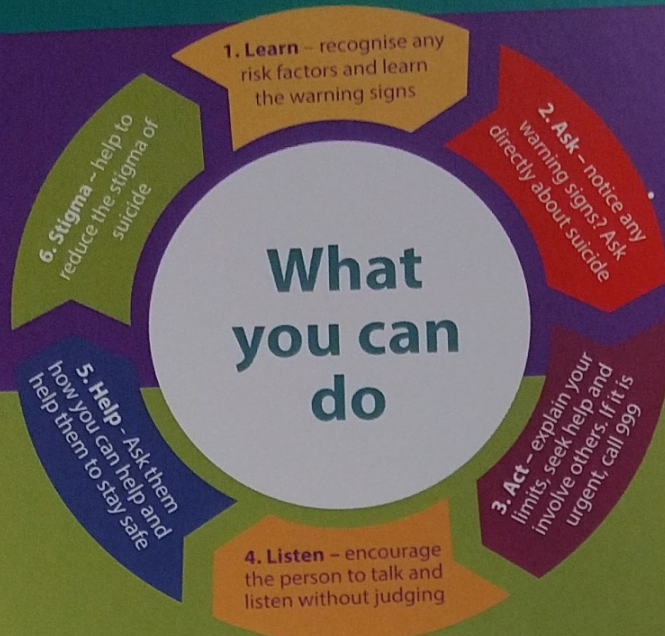
You can listen to a mate and a mate can listen to you

If you're concerned about someone, keep in touch and maybe do something together and have a chat. It's ok to talk about the serious stuff, even suicide. If you find it difficult to start, you could ask open, non-judgemental questions such as "how did you feel?"



West Berkshire
C O U N C I L

How you can help prevent a suicide



Ask the question:

"You don't seem to be yourself lately. Have you thought about ending your life?"

Local sources of support

If someone is in crisis or has attempted suicide:

- If it's an emergency, call **999** straight away and ask for an ambulance
- Ring the Mental Health Crisis Team if you need urgent help, but it's not an emergency, **0300 365 0300** or **0300 365 9999**

If you need someone to talk to, you can also call:

- **Sane Line**: support for people affected by mental illness.
Phone No: **0300 304 7000**
(4.30pm to 10.30pm, daily)
- **Samaritans**: Phone No: **116 123**
(freephone, 24 hours every day)
Email: **jo@samaritans.org**
Website: **www.samaritans.org**

Other sources of support

Campaign Against Living Miserably (CALM)
Providing support to men and campaigning against male suicide.
Phone No: **0800 585858** (free 5pm to midnight)
Website: **www.thecalmzone.net**

Cruse Bereavement Care: support to anyone affected by bereavement.
Phone No: **0808 808 1677**
(open Monday-Friday 9.30 to 5pm (not bank holidays). Open until 8pm, every Tuesday, Wednesday and Thursday.
Website: **www.cruse.org.uk**

DrugFam: support for anyone affected by someone else's drug or alcohol use.
(9am to 9pm, daily)
Phone No: **0300 888 3853**
Email: **office@drugfam.co.uk**
Website: **www.drugfam.co.uk**

If someone is bereaved

Survivors of Bereavement by Suicide (SOBS): offers emotional support, help and information. Find nearest local SOBS support group.
Phone No: **0300 111 5065**
(9am to 9pm, Monday to Friday)
Website: **www.uk-sobs.org.uk**

Support after Suicide Partnership

Website: **http://supportaftersuicide.org.uk/support-guides/help-is-at-hand/**

Produced in conjunction with the Berkshire Suicide Prevention Steering Group and the West Berkshire Suicide Action Group. All information was correct at time of printing and has been provided in good faith.
Please contact **Publichealthandwellbeing@westberks.gov.uk** if you require further copies. Last updated May 2018.

ICE?

WHAT DOES ICE STAND FOR?

ICE (OR I.C.E.) STANDS FOR 'IN CASE OF EMERGENCY'.

WHY ICE?

Imagine sitting at home waiting for a loved one to arrive and not knowing where they are. Imagine ringing the police but they can do nothing until an adult has been missing for at least 48 hours. Imagine ringing the hospitals; they don't have anyone with your loved one's name but they may have unidentified patients. Now imagine what it's like to be a paramedic, desperately trying to find the next of kin of a critically injured patient. All of this heartache can be avoided by a simple action.

WHAT IS THE AIM OF ICE?

To notify your next-of-kin, or chosen contact, at the earliest possible opportunity which also provides confirmation of your identity (should that be required). By providing this vital information, ICE can help first responders (and hospital emergency staff) in treating you effectively in the event that you are unable to communicate. This means that they can be made aware of any serious allergies or relevant medical history.

HOW CAN I GET ICE?

The original idea (and the most popular) is to edit the name of your agreed ICE contact by adding their name and number with ICE. If you have, or want, more than one ICE contact you can create ICE1, ICE2, etc. So, if you have anything other than a smartphone this is a great choice for you. However, if you do have a smartphone, you can create a wallpaper for your lock screen. See an example with the 2015/16 ICE Campaign with [ICE Wallpaper Creator](#).

For more information see <https://incaseofemergency.org/>

Volunteer car schemes



What are the Volunteer Driver and Car Schemes?

West Berkshire Volunteer Driver and Car Schemes provide transportation for people who find it difficult to use public transport. This may be because you are elderly, but we also provide a service to permanently or temporarily disabled people and to children and families.

We offer the service for regular journeys - going to clubs or out-patient treatment, for example - and also for one-off visits such as to the doctor's surgery or shops.

How much does it cost?

We request that you pay a mileage-related contribution to reimburse the driver for his petrol and running costs. The driver does not receive any payment for his time which is donated voluntarily.

How much notice do I need to give?

We ask you to give at least 3 - 4 days notice prior to a journey, to allow us to find a driver who has the necessary time available. In the case of long-distance journeys we prefer at least a week's notice.

In exceptional circumstances we may be able to find a driver at shorter notice, but we cannot guarantee this.

And how do I use the service?

Just find the scheme nearest to you and give them a call

11 - Burghfield & Mortimer Volunteer Bureau

Contact: Monica Clark, c/o The Post Office, Recreation Rd, Burghfield Common, Reading RG7 3EN

☎ 0118 983 1814

Email: bureauvolunteer@gmail.com

Open: Monday to Friday 9.30am - 11.30am

Areas Covered: Burghfield and Mortimer, Sulhamstead, Ufton, Silchester and surrounding area

1 - Lambourn Valley Volunteer Group

Contact: Jane McCarthy, Gordon House, High Street, Lambourn, RG17 8XL

☎️ 01488 71536

Open: Monday and Thursday 10am - 12noon

Areas Covered: Lambourn, Eastbury, Great Shefford, East Garston, Shefford Woodlands, Woodlands St. Mary & vicinity

3 - Kintbury Volunteer Centre

Contact: 2 Thatchers Yard, Church Street, Kintbury RG17 9TR

☎️ 01488 657119

Open: Monday to Friday 9am - 11am

Areas Covered: Kintbury, West Woodhay, Inkpen, Stockcross and Wickham

5 - Newbury & District Cancer Care Trust (Transport for cancer patients only)

Contact: Deanwood Park Golf Club, Baydon Road, Stockcross, Newbury RG20 8JP

☎️ 07717 783811 (this number for transport only)

Open: Monday to Friday 8.30am - 5.30pm

Areas Covered: Newbury and District

7 - Downland Volunteer Group

Contact: The Surgery, High Street, Compton, Newbury RG20 6NJ

☎️ 01635 578394

Open: Monday to Friday 9.30am - 11.30am

Areas Covered: Aldworth, Ashampstead, Beedon, Boxford, Brightwalton, Chaddleworth, Chieveley, Compton, Curridge, East Ilsley, Fawley, Farnborough, Frilsham, Hampstead Norreys, Hermitage, Leckhampstead, Pease-more

9 - Standby Volunteer Group

Contact: Marion or Peter Moulder, Theale Medical Centre, Englefield Road, Theale, RG7 5AS

☎️ 0118 930 6419

Open: Monday and Wednesday 10am - 12noon

Areas Covered: Bradfield, Theale, Stanford Dingley, Englefield and Calcot

2 - CHAIN

Contact: Jeanette Kersy, Unit 9, Kennet House, 19 High Street, Hungerford RG17 0NL

☎️ 01488 683727

Website: <http://www.hungerford.org.uk/chain/>

Open: Monday to Friday 9am - 11am

Areas Covered: Hungerford Surgery Area and district

4 - Volunteer Centre West Berkshire (Newbury Community Car Scheme)

Contact: Garry Poulson, 1 Bolton Place, Newbury RG14 1QL

☎️ 01635 49004

Open: Monday to Friday 10am - 1pm

Areas Covered: Newbury, Shaw, Speen, Donnington, Greenham

6 - Thatcham Volunteer Bureau

Contact: David Whiddett, Flat 20 Gilbert Court, Bath Road, Thatcham RG18 3AG

☎️ 01635 862306

Open: Monday to Friday 10am - Noon

Areas Covered: Thatcham and District, Cold Ash, Cookham and vicinity

8 - Chapel Row Community Service Group

Contact: Georgina Cardy, Chapel Row

☎️ 0118 971 3334

Open: Monday, Wednesday & Friday 9.30am - 11.30am

Areas Covered: Bucklebury, Woolhampton, Midgham, Lower Padworth, Brimpton and Beenham

10 - Pangbourne & District Volunteer Centre

Contact: Margaret Palling, The Village Hall, Station Road, Pangbourne RG8 7DY

☎️ 0118 984 4586

Open: Monday, Wednesday to Friday 9.30am - 11.30am

Areas Covered: Pangbourne, Basildon, Ashampstead, Tidmarsh & Sulham, Whitchurch & Whitchurch Hill, Purley and Tilehurst (Denefield Ward only)

West Berkshire Upcoming Support Groups



For further details call 0118 324 7333

Area	When / Where	August	Sept	Oct	Of Every
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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	16th	20th	18th	Every 3rd Thurs
Pangbourne	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon -2 pm	1st	5th	3rd	Every 1st Wed
Newbury	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm	23rd	27th	25th	Every 4th Thurs
Hungerford	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	21st	18th	16th	Every 3rd Tues

Groups for carers of people with all Types Of Mental Health Conditions

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

Reading Upcoming Support Groups

Area	When /Where	August	Sept	Oct	Of Every Month
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Whitley	Stroke-Whitley Community CAFÉ, 252 Northumberland Av RG2 7QA (10-12pm)	2nd	6th	4th	Every 1st Thurs
Caversham	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG (11:00- 12:30pm)	6th	3rd	1st	Every 1st Mon
Tilehurst	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE (10:30-12:00pm)	28th	25th	23rd	Every 4th Tues
Whitley Wood	General -Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH (10:00- 12pm)	20th	17th	15th	Every 3rd Mon
Cemetery Junction	General -Palmer Park Library, St Bartholomews Rd, Reading, RG1 3QB (10:30- 12pm)	22nd	26th	24th	Every 4th Wed