

# Reading and West Berkshire Carers Hub

**Newsletter June 2018**



**Tips on how to deal  
with the summer heat  
inside!**

**Emergency plan– details  
available inside**

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



# ~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](mailto:ask@berkshirecarershub.org)

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**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](mailto:ask@berkshirecarershub.org)

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## **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](mailto:ask@berkshirecarershub.org)



Charity no. 1161323

# MENTAL HEALTH SUPPORT THROUGH SPORT

**SPORT IN MIND** is the independent Berkshire charity that provides weekly sport & physical activity sessions to help improve the lives of people with mental health problems.



✉ info@sportinmind.org

☎ 07341267740

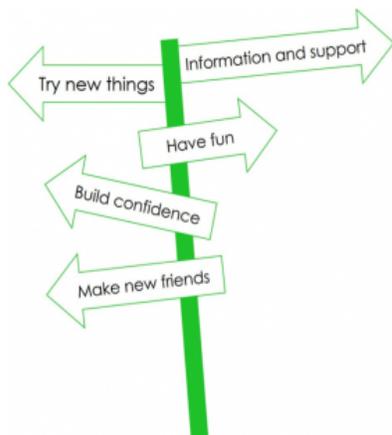
📘📺 sportinmind



Berkshire Healthcare **NHS**  
NHS Foundation Trust



[www.sportinmind.org](http://www.sportinmind.org)



Think, Feel, Belong has been created for people with learning disabilities and/or autism who have wellbeing and/or mental health needs, are socially isolated, at risk of crisis, or are otherwise vulnerable. The project includes:

### **Weekly drop-in**

This is a fun social group to increase a person's support network. Each week there will be the opportunity to take part in 30 minute mini-workshops in self-advocacy skills, mindfulness, relationships and emotional literacy skills, keeping safe in the community, confidence building and more. Drop-in sessions take place every Monday (except bank holidays), from 1.15 pm until 3.15 pm, at The Lounge, Salvation Army, Anstey Road, Reading RG1 7JR.

### **Time to talk**

Weekly phone sessions available for checking-in, emotional support and signposting.

### **Further information**

To make a referral or for more information, please contact Hayley Pratley-McGill, Project Worker on 01494 434448 / 07419 989012 / Hayley.pratley-mcgill@talkback-uk.com

**If you would like your newsletter by Email**

**Please let us know!**

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

## *Help to change alcohol or drug use?*

### ADULTS

**Swanswell** are a specialist organisation that provides support and services to adults (over 18) who wish to change their drug and/or alcohol use. They deliver services from their main hub in Newbury and a number of community locations (including GP surgeries) across the **West Berkshire area**.

**Swanswell** offer a range of services to help address drug and alcohol problems tailored to the needs of each person, including;

- Treatment, including
- access to substitute prescribing/anti-craving medication
- access to community/inpatient detoxification

### **Drop-in clinics in Newbury**

- one to one support
- support in a group, including families and carers groups
- advice on reducing harm, including a needle syringe programme
- referral for residential rehabilitation
- healthcare advice and information
- help to access housing, employment, training and benefits

*<http://www.swanswell.org/home>*

*Tel 0300 003 7025*

*Email [wberksadmin@swanswell.org](mailto:wberksadmin@swanswell.org)*

Reading and West Berkshire Carers Hub

Call us: 01183247333 Email us [ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)

## Alzheimer's Society Gardening for the Brain



Last summer we enjoyed planting a variety of herbs, fruit and flowers in our very own flower bed. We cant wait to go back and plant some more.

You don't have to be a keen gardener to enjoy this group, the grounds are lovely an with plenty of seating and shade, it's a great social opportunity plus there is a coffee shop to enjoy a hot drink and cake.

**WHEN: 25th July**

**WHERE: Shaw House, Newbury @ 13:30– 15:00.**

If you would like to join us or have any questions please get in touch.

T: 0118 959 6482

E: [berkshire@alzheimers.org.uk](mailto:berkshire@alzheimers.org.uk)



## Hot Weather Alert - Tips for sun safety



Top advice for being sun safe if outdoors for more than 20 minutes between 11am-3pm:

- wear UV sunglasses, preferably wraparound, to reduce UV exposure to the eyes, walk in the shade, apply sunscreen of at least SPF15 with UVA protection, wear a hat and light scarf. Wear light, loose-fitting cotton clothes. This should minimise the risk of sun-burn
- drink lots of cool drinks, avoiding alcohol
- seek shade
- look out for others

### Sun exposure and vitamin D

Although it's important to protect your skin, some direct exposure to the sun is essential for the production of vitamin D.

Don't let your skin burn, but try to go outside once or twice every day without sunscreen for short periods from March to October. The more of your skin that is exposed, the better your chance of making enough vitamin D.

There are some food sources of vitamin D – salmon, sardines and other oily fish, eggs and fortified spreads – but sunshine is the major source.

The Government recommends vitamin D supplements for some groups of the population, including people aged 65 and over.

If you think you could be at risk of not getting enough vitamin D, particularly if you are housebound or cover your skin for cultural reasons, raise this with your GP. Always speak to your GP before starting to take a vitamin supplement or over-the-counter medicine on a daily basis.

For more information, please visit: <https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/staying-cool-in-a-heatwave/>

## Alzheimer's Society Singing for the Brain in Calcot

Singing group for people with dementia and their carers. Call to confirm dates.

### Who to contact

**Contact Name:** Jocelyn Andersson

**Telephone:** 0118 959 6482

**E-mail:** [jocelyn.andersson@alzheimers.org.uk](mailto:jocelyn.andersson@alzheimers.org.uk)



**Where:** Kennet Valley Free Church, Carters Rise in Fords Farm, Calcot, Reading, West Berkshire, RG31 7YT.

**When:** Tuesdays 10.30am - 12.00pm (Please contact Jocelyn for dates)

## Burghfield Sailing Club - Sailability group



Hanger Road,  
Theale.  
Berkshire

0118 930 3604/  
07889 349738



Sailability is run entirely by volunteers. Our aim is to enable children from 8 upwards and adults with a variety of disabilities to experience the fun of sailing and power boating. We meet on Thursday evenings 6pm - 8.30pm. Weather permitting our first meeting this year will be on Thursday 12th April and each Thursday until

6th September. The cost to each client is £6 per session. We request that each client has a carer/parent attending who is prepared to go on the boat with them. Warm clothing is advisable as it is always cooler on the lake even on a warm evening. Buoyancy aids are provided

We also offer tea/coffee/squash and a biscuit.

If you would like further information please do not hesitate to contact me.

PAT MARTIN  
BURGHFIELD SAILABILITY SECRETARY

# Social Singers Group

We are working in collaboration with VoxSkool to offer a fun singing group for all older adults in the community. It is a social group that welcomes everyone, and is suitable for those with dementia or physical disabilities. The leaders are experienced singers who can adapt each session to the needs of those attending.

Our sessions are held in an informal lounge set up with plenty of time for teas and chatter afterwards! The group aims to build confidence and support inclusion in the community whilst also being a lot of fun!

## Who to contact:

Katie Flint

Activities and development officer

Tel: 07794 083862

E: [katie.flint@creativesupport.org.uk](mailto:katie.flint@creativesupport.org.uk)



## Where to go:

Cornerstones  
Halcyon Terrace  
Reading  
RG30 4XR

The venue is fully wheelchair accessible. It has a private car park outside and is located conveniently along the 17 bus route.

# Cross Roads Care

Cross Roads Care Reading offers a full range of services for all age groups, disabilities or health conditions, at any time, day or night and of any frequency or duration. We cover Reading Borough Council area, and areas of other unitary authorities that border close to that area, where residents often feel they are better able to receive services than travel further to their own unitary authority area.

## How it works

If you feel Cross Roads may be able to help you, we will visit you at home, and together with the person you care for, design the service that meets your respective.

T: 0118 945 4209

E: [admin@readingcrossroads.org](mailto:admin@readingcrossroads.org)

W: [www.readingcrossroads.org](http://www.readingcrossroads.org)



## **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](mailto:ask@berkshirecarershub.org) to create your emergency plan.

### **IN CASE OF EMERGENCY (ICE) NUMBERS**

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



# Sibs networkUK

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## adult sibling group

- Do you have a brother or sister with life-long learning disability or autism?
- Would you like to meet others with similar experiences?
- Come along to our support group and gain information and support as a sibling.
- To register to attend the group visit [www.sibs.org.uk](http://www.sibs.org.uk)

This group is part of SibsNetworkUK and follows the principles of Sibs charter for adult sibling groups. Sibs is the UK charity for brothers and sisters of disabled children and adults.

[www.sibs.org.uk](http://www.sibs.org.uk) Registered charity no. 1145200 Limited company no. 7834303

# Challengers Reading Youthscheme



**Challengers Reading Youthscheme** is a place where young people age 13 - 18 can get out & about, make friends and try loads of new activities. There are spaces at every session for young people who need 1:1 support and who have complex impairments.

As well as lots of exciting trips including visits to the zoo and donutting at a dry ski slope there is lots to do at the centre: arts and crafts, outdoor games, or just hanging out.

We have a dynamic team who can provide whatever level of support an individual may need to take part and get the most out of all that we offer. They are great fun but have all undertaken a comprehensive training programme to ensure that they can provide a high quality level of support.

## RBC Funded Resource

**Contact Name:** Kim Anfield

**Contact Position:** Project Officer

**Telephone:** 07870 836477/ 01483 230 939

**E-mail:** [kimanfield@disability-challengers.org](mailto:kimanfield@disability-challengers.org)

# Reading Mencap - Sibling Holiday Club

Reading Mencap runs a Siblings Club for the brothers and sisters of children who use our services.

This group meets about six times a year during the school holidays and is a great place for young people to socialise and meet new friends. Recent activities have included a trip to an escape room, the cinema and an ice cream parlour.

**If you would like more information, or to attend either of these clubs, please call 0118 966 2518 or email [office@readingmencap.org.uk](mailto:office@readingmencap.org.uk)**



The local voice of learning disability

# A Big Thank you To Everyone That Helped and Attended Carers Week Events in Reading



**Alzheimer's  
Society**

Reading Alzheimer's society



Helpd– Home care agency for attending  
carers information day in Reading



Age UK Reading



Age UK Berkshire

-Susan Player:



**Scottish & Southern  
Electricity Networks**

SSEN

Manicure therapist

-Susie Legg

Indian Head Massage therapist

-Jocelyn Pearson

Mindfulness



# A Big Thank you To Everyone That Helped and Attended Carers Week Events West Berkshire



Newbury and Calcot for Providing Support and Space For Information Stands.



For bringing out artistic skills and much needed relaxation for our carers.

Kennet and Avon Canal Trust

showing our Carers a view of Newbury from the Canal.

A very relaxing mini cruise

The Bear, Hungerford

Providing the ideal riverside venue for afternoon tea

# Stop getting nuisance calls

There are some actions you can take to stop getting nuisance calls that you don't want.

The best way to stop nuisance calls is to register your number with the Telephone Preference Service (TPS)

## What is TPS?

The Telephone Preference Service (TPS) is a central opt out register whereby individuals can register their wish not to receive unsolicited sales and marketing telephone calls. It is a legal requirement that companies do not make such calls to numbers registered on the TPS.

### **How long will it take to become effective?**

Once a number has been registered it will become effective in 28 days

### **Is there any charge for registering?**

No, it's free to register on the TPS.

### **Who pays for TPS?**

No money is received from the Government to run the Service, the direct marketing industry pays for it.

### **Do I need to renew my subscription with the TPS?**

Please be aware that if you change your telephone package, obtained broadband or change telephone line service provider for example, we may receive notice from your current/old line service provider that your line has been made inactive. In this case your number would be removed from the file as the service is only intended for live numbers.

### **Registration Line 0345 070 0707**

You can call this number to register your number, discuss your concern or request a complaint form to report receipt of unsolicited direct marketing calls.

## West Berkshire Upcoming Support Groups



For further details call 0118 324 7333

Area	When / Where	July	August	Sept	Of every
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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	19th	16th	20th	Every 3rd Thurs
<b>Pangbourne</b>	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon - 2 pm	4th	1st	5th	Every 1st Wed
<b>Newbury</b>	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am - 12pm	26th	23rd	27th	Every 4th Thurs
<b>Hungerford</b>	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	17th	21st	18th	Every 3rd Tues

### **Groups for carers of people with all Mental Health Conditions**

<b>Thatcham</b>	Taste of England Pub, Lower Henwick Farm, Thatcham, RG193AP 10am - 12PM	18th	15th	19th	Every 3rd Wed
<b>Thatcham</b>	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	11th	8th	12th	Every 2nd Wed

## Reading Upcoming Support Groups

Area	When /Where	July	August	Sept	Of every month
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<b>Whitley</b>	Stroke-Whitley Community CAFÉ, 252 Northumberland Av RG2 7QA (10-12pm)	5th	2nd	6th	Every 1st Thurs
<b>Caversham</b>	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG (11:00- 12:30pm)	2nd	6th	3rd	Every 1st Mon
<b>Tilehurst</b>	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE (10:30- 12:00pm)	24th	28th	25th	Every 4th Tues
<b>Whitley Wood</b>	General -Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH (10:00- 12pm)	16th	20th	17th	Every 3rd Mon
<b>Cemetery Junction</b>	General -Palmer Park Library, St Bartholomews Rd, Reading, RG1 3QB (10:30- 12pm)	25th	22nd	26th	Every 4th Wed