

# Carers Hub

Reading, West Berkshire and Wokingham

Newsletter

December 2019



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## Christmas Opening Hours

Tues December 24th	9 am—12 Noon
Wend December 25th	Closed
Thurs December 26th	Closed
Fri December 27th	9 am—5 pm
Mon December 30th	9 am—5 pm
Tues December 31st	9 am—12 Noon
Wend January 1st 2020	Closed
Thurs January 2nd	9 am—5 pm

***To arrange a Regular Direct  
Copy  
Of this Newsletter***

Carers Hub

Call us: 01183247333 Email us ask@berkshirecarershub.org

## Disabled Children's Register



The Disabled Children Register (DCR) 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) in West Berkshire. The information that you give us will be used anonymously to show the use of and demand for services in West Berkshire. We will use this information to help us to plan, monitor and develop appropriate facilities and services for disabled children and their families.

The DCR is managed by the West Berkshire Directory. Registering is voluntary but we would like to encourage as many of you as possible to register so that we can get as clear a picture as possible of the needs for services in West Berkshire.

To [register](#) you must complete a simple online form which will allow you to provide us with details of your child. We will be able to use your contact details to keep you up-to-date with developments in services and other relevant information for disabled children and young people.

<https://directory.westberks.gov.uk/kb5/westberkshire/directory/dcr.page>



For more information

Call: 01635 503646

Email: [LearningSupportTeam@westberks.gov.uk](mailto:LearningSupportTeam@westberks.gov.uk)

Date	Type of event	Time	Location
23.01.20	Sunshine and Showers Group	9.15 - 11.15	Central Family Hub, RG18 3PG
02.12.19	Autism and Executive Function Skills	9.45 - 14.15	Thatcham Baptist Church
21.01.20	Autism Workshop Supporting Communication/ Visual	9.45 - 14.15	Thatcham Baptist Church
11.03.20	Autism Sensory Processing Difficulties	9.45 - 14.15	Thatcham Baptist Church

## DO YOU GET UP IN THE MIDDLE OF THE NIGHT?

### DON'T RISK A FALL



Many falls are caused by lack of light. Plug in night lights, or motion activated lights that can be installed around the house,. The can be purchased cheaply from hardware/DIY shops and some supermarkets.

You can get advice on lighting and other tips to help make your home safer from Age UK Berkshire  
Tel: 0118 959 4242

### West Berkshire Therapy Centre

Specialized therapy gym for people with disabilities in West Berkshire and the surrounding area. Exercise is proven to help many conditions such as stroke, Multiple Sclerosis, Parkinson and arthritis.

Tel: 01635 864561

Email: [info@westberkshiretherapycentre.org.uk](mailto:info@westberkshiretherapycentre.org.uk)



#### seAP West Berkshire - Advocacy

Advocacy in West Berkshire is available to you if you are an older person, a carer. A person with disability or a mental health illness

TEL: 0300 3435721

[WestBerkshire@seap.gov.uk](mailto:WestBerkshire@seap.gov.uk)

### When you are no longer a carer

Everyone needs time to grieve and it is very important to find emotional support at this time.

#### Cruse

Free help for anyone who has been affected by a death. Because bereavement can often bring loneliness.

01635 523573

#### Compassionate Friends

This organization offers support to bereaved parent and their families

0345 123 2304

#### Barnabas Bereavement Group

Shaw Church Centre, Newbury

The group meets every Wednesday morning from 10-12pm in the church centre

Contact the church centre for more info:

01635 40450

### Wheelchair Loan/Hire

British Red Cross - 01635 40081

[Www.redcross.org.uk/](http://Www.redcross.org.uk/)

Newbury Shopmobility—01635 523854

[Www.volunteerwestberks.org.uk/shopmobility](http://Www.volunteerwestberks.org.uk/shopmobility)

### Pets—Support from The Cinnamon Trust

A national fostering service is provided for pets whose owners face a spell in hospital. The Cinnamon Trust also provide long term care for pets for people who have died or moved to residential accommodation which will not accept pets

01736 757300

[admin@cinnamon.org.uk](mailto:admin@cinnamon.org.uk)

[Www.cinnamon.org.uk/cinnamon-trust/](http://Www.cinnamon.org.uk/cinnamon-trust/)

### Sports in Mind

Berkshire based charity that uses sport and exercise to promote mental wellbeing and improve the lives of people experiencing mental health problems.

Email in-  
[fo@sportinmind.org](mailto:fo@sportinmind.org)





**FREE CHRISTMAS SOCIAL FOR OVER 50'S**  
**Live Music, dancing, refreshments and more**  
**Friday 6 December, 2019 from 1.00pm -3.30pm**  
**St George's Church, St George's Road**  
**RG30 2RG (just off the Oxford Rd)**

**Please email or call to  
book your place  
Michelle.berry@reading.  
gov.uk. Call Sarah on  
0118 9374399**



**Dementia  
Friendly  
Communities**



**Reading**  
Borough Council  
Working better with you



## **CALLING ALL CARERS**

Come along to the Learning Disabilities  
Carers' Forum at the Council Chamber, Civic  
Centre, Bridge St Reading at

**11am on Wednesday, 11th December  
2019**

**This is a closed session only for Parent  
or Family carers of adults with  
learning disabilities and the charities  
who support them.**

**Carers' voices need to be heard**



**Reading**  
Borough Council  
Working better with you



## **Beat Loneliness!**

**Do you know someone who is lonely &  
needs support leave their home?**

With Social clubs which includes activities and a  
two course meal.

For more Information Call

0118 950 2480

Email: [clubs@ageukreading.org.uk](mailto:clubs@ageukreading.org.uk)



• Sensory • Learning •  
• Function •

[www.fiddlit.com](http://www.fiddlit.com)





## A class for beginners of all ages

Pilates  
Every Monday 12-1pm  
£4.00 per class  
With Tea and Coffee afterwards

## Chair Aerobics

Anyone over 50  
welcome



Every Thursday  
Class 1: 10-10.45am  
Class 2: 10.50-11.35am  
£3.00 per class with Tea and Coffee afterwards

The Warehouse  
1a Cumberland Road  
Reading  
RG1 3LB

This winter, we want to help as many people as possible know about their entitlement to flu vaccination and know what they need to do.

You are entitled to a FREE FLU vaccination if you are:

- Aged 65 years or over
- People aged under 65 with specific clinical conditions eg: diabetes, heart Disease and many more
- Pregnant
- People with BMI of 40 and above
- Paid and unpaid carers

Where to get vaccinated?

- Please visit your local GP or local pharmacy



## ELEVATE

Helping you towards a brighter future



Elevate is a free careers advice service that helps young people and their parents by giving impartial advice and guidance to support making decisions for their future.

Get in touch to find out about our free careers advice, drop-in sessions or make an appointment

0118 937 2204

[elevate@brighterfuturesforchildren.org](mailto:elevate@brighterfuturesforchildren.org)

Whitley Wood Fire Station are organising a FREE Christmas Dinner for Older, isolated people.

Please spread the word to anyone on their own on Christmas Day.

Book by Wednesday 18th December for a space, the spaces are limited. If you know anyone who will like to attend please contact the station on

0118 938 4200

The station is borrowing a minibus for anyone who need transport.



We are no longer running the  
support group at Palmer Park  
Library, Reading

## **New Drop-in Sessions For Carers at**

**Drop-in Sessions at  
Western Elms Surgery**

**For unpaid Carers**

**Every Friday**

**9.30 - 12.30pm**

**Help with form filling, Information and advise**



## **~New Working Carers Support Group in Reading~**

**\*\*\*Starting Wed 5th February 2020\*\*\***

Every 1<sup>st</sup> Wed of Each Month

Abbey Baptist Church (behind central library), Abbey Square, Reading RG1 3BE from 6pm 8pm.

Refreshments provided.

Parking- Few Spaces at the Church

For further information, please call the hub on 0118 324 7333. Alternately email [ask@berkshirecarershubs.org](mailto:ask@berkshirecarershubs.org)



## **SEND Local Offer**

Information on services and support for children and young people with special educational needs and disabilities (SEND) and

their families

Contact :

0118 397 3777 (opt 2)

[localoffer@reading.gov.uk](mailto:localoffer@reading.gov.uk)

[Www.reading.gov.uk/sendlocaloffer](http://www.reading.gov.uk/sendlocaloffer)

LOCAL OFFER

**Special  
Educational  
Needs &  
Disabilities (SEND)**

READING



### South East Water Drop—in Workshop

If south East Water is your water supplier, are you on their Priority Service Register?

Come along to the drop in session on  
Tuesday 3rd December at 1.30-3.30pm

Where:

Rose Buddies Office (free car parking available)

The Comerstone, Norreys Avenue,  
RG40 1UE



### NEW Our Own Memory Café

Held at: The Twyford Centre,  
Polehampton Close, Twyford,

G10 9RP

0118 934 4040

The meeting is on the 1st Thursday of the Month

There will be tea/coffee, cake and activities all for just  
£3

10-12pm



### Alzheimer's Café Christmas Party!



Wednesday 11th December

At the Bradbury Centr, Rose Street, Wokingham,

RG40 1XS

1.30—3.30pm



Music, Singing, Fun, Festive food and a very special  
guest

£5 per person

Please RSVP BY WEDNESDAY 27th November

For further information call : 0118 324 7333

Email: ask@berkshirecarershush.org



## SMART CHRISTMAS CAROLS

DECEMBER 20th 2019 | 11am

38 Station Road, Wokingham, Berkshire,  
RG40 2AE

FOR INFO:  
CALL 01189 772 022

Made with PosterMyWall.com

### Craft Session

At the Wokingham Fire Station in the meeting room

All sessions will take place on the 2nd Thursday of each  
month

DATES

Jan—no session

Feb—13th

Mar— 12th

April— 9th

For more information

email ask@berkshirecarershush.org



*Spaces are going fast so book now!!*

***Free PAMPERING SESSION***

***(seated massage, head massage, reflexology)***

Date: 23/01/2020 Time: 11:30– 14:30

Venue: **The Haven Wellbeing Hub**

Unit 1-3, 171 Evendons Lane, Wokingham, RG41 4EH



[www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)

Annual General Meeting

Thursday 5th December 2019

12-2pm

You are invited to Parenting Special Children's Annual General Meeting to be held at Wokingham Waterside Centre, Thames Valley Park Drive, Reading RG6 1PQ

Whilst there is a formal element to any AGM it is a time for PSC to celebrate all of the services provided to families in 2018/19. During this period we supported 2500 families at least once and on average 2 to 3 times.

The AGM is also a time to look forwards to 2020 and new developments within the charity.

Please book so we know how many people to cater for - there will be tea/coffee and cake.



# Carers Rights Day



## West Berkshire

A big thank you to all those that helped organise this event and for all the stall holders/professionals for the support on the day.

Not forgetting a massive thank you to all the Carers who attended and to Newbury Collage who contributed a major part, providing an excellent venue, catering and hospitality



## Wokingham

Just like to thank all stall holders/professionals for the support in making the day a success and a special thank you to all the Carers who attended.



## Reading

Thank you to everyone who came along on the day. Thanks to all the presenters who had planned their presentations and delivered them brilliantly. Also all the organisations who came along to cover the tables and who bravely stood up and gave an impromptu talk. Thanks also to those who came in to give the timed appointments.



## Walnut & Cherry Yule Log



### Ingredients

- 3 medium eggs
- 100 g golden caster sugar
- 75 g plain flour
- 3 tbsp cocoa powder plus extra for dusting
- 50 g Walnut Pieces chopped
- 100 g chestnut puree
- 2 tbsp icing sugar
- 150 ml double cream
- 425 g can black cherries drained and roughly chopped

### For the icing:

- 50 g butter softened
- 100 g icing sugar sifted
- 2 tbsp cocoa powder
- 1-2 tbsp milk

### Instructions

Preheat the oven to 200°C, gas mark 6. Grease and line the base and sides of a 30x20cm Swiss roll tin.

Whisk the eggs and sugar together for about 3-4 minutes until pale and thick. Mix together the flour, cocoa and walnuts and fold into the egg mixture. Pour into the prepared tin and gently spread to the sides. Bake for 10 minutes.

Sprinkle a little cocoa onto a large sheet of parchment and upturn the Swiss roll onto it. Peel off the parchment

from the base and then roll it up from the longest end with the paper inside and allow to cool completely.

Whisk the chestnut puree and icing sugar together until smooth then add the cream and whisk until soft peaks form. Unroll the Swiss roll, spread with the cream mixture and scatter over the cherries then roll it back up into a log.

To make the icing, whisk the butter in a medium bowl until pale, gradually whisk in the icing sugar and cocoa powder and whisk until fluffy, adding a little milk if the mixture is too thick.

Cut a thick diagonal slice from one end of the log. Arrange the log onto a serving plate then place the slice on the side with the cut against the cake to make a branch.

Spread the log and branch with icing (but not the end and use a fork to make a bark effect. Scatter with walnuts

## Wokingham Upcoming Support Groups

For further details call 0118 324 7333



For further details call 0118 324 7333

When / Where	Dec	Jan	Feb	Of Every Month
General -The Bradbury Centre, Rose Street Wokingham, RG40 1XS <b>10-12pm</b>	11th	8th	12th	Every 2nd Wed
Stroke Carers - The Bradbury Centre, Rose Street, Wokingham, Berkshire, RG40 1XS, <b>10-12pm</b>	12th	9th	11th	Every 2nd Thurs
Alzheimer Cafe -The Bradbury Centre, <b>1.30-3pm</b>	10th	7th/15th/29th		Every 2 Weeks Tue
Carers Forum, St Pauls Parish Rooms Reading Road RG41 1EH <b>10-12pm</b>		7th		Every 2 months Tues
Long Term Conditions Carers Group Wokingham Hospital 41 Barkham Road RG41 2RE <b>6-7.30pm</b>				<u>Dates to be confirmed</u>
NEW Parent Carer Group - Our House Toutley Road RG41 1AN <b>9.30-11.3am</b>	13th	17th	14th	Term time ONLY Fridays every 4 weeks

Message in the bottle scheme - Launched by Lions Clubs across the UK

Essential information kept in the fridge, emergency service will know about it because there are stickers on the front door and fridge. Bottles are free and available

Contact the hub if you would like one: 0118 324 7333 or email [ask@berkshirecarershush.org](mailto:ask@berkshirecarershush.org)

### Online Training

**We are sorry to inform you that we will no longer be putting on online training due to funding.**

**We are still doing training like First Aid, moving and handling and more as physical events.**

**These will be advertised in the newsletters.**

**Sorry for any inconvenience this may cause.**

**Regards**

**The Team**

## West Berkshire Upcoming Support Groups

For further details call 0118 324 7333



Area	When /Where	Dec	Jan	Feb
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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. <b>10-12 pm</b>	19th	16th	20th	Every 3rd Thurs of the month
<b>Pangbourne</b>	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. <b>12—2 pm</b>	4th	Closed	5th	Every 1st Wed of the month
<b>Newbury</b>	Winchcombe Place, Maple Crescent, Newbury RG14 1LN <b>10am -12pm</b>	Closed	23rd	27th	Every 4th Thurs of the month
<b>Hungerford</b>	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG <b>10:30 -12:00</b>	17th	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 <b>10am - 12pm</b>	18th	15th	19th	Every 3rd Wed of the month
<b>Thatcham</b>	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. <b>6:30 pm - 8:30 pm</b>	11th	8th	12th	Every 2nd Wed of the month

### Reading Upcoming Support Groups

Area	When /Where	Dec	Jan	Feb	Of Every Month
<b>Whitley</b>	Stroke - Whitley Community Café, The Hub, 252 Northumberland Av. RG2 7QA <b>10-12pm</b>	5th	2nd	6th	Every 1st Thurs of the month
<b>Caversham</b>	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG <b>11- 12:30pm</b>	2nd	6th	3rd	Every 1st Mon of the month
<b>Tilehurst</b>	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE <b>10:30- 12:00pm</b>	Closed	16th	18th	Every 3rd Tues of the month
<b>Whitley Wood</b>	General- Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH <b>10- 12pm</b>	Closed	28th	25th	Every Last Tues