

# Berkshire West Carers Hub

**Newsletter      February 2019**



**Incontinence training and  
Moving & Handling available  
See page 2**

***We have combined our  
newsletter with Wokingham.  
Please let us know what you  
think?***

[ask@berkshirecarershubs.org](mailto:ask@berkshirecarershubs.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

# **Moving & Handling training**

## **February — Date and Location to be confirmed.**

Topics include:

1. transfers from bed to chair, chair to wheelchair etc.
2. sitting to standing
3. repositioning in bed
4. assisting with walking
5. spinal function
6. back exercises and more...

**To book, please call 0118 324 7333**

## **Incontinence training**

Topics include:

1. healthy bladders and bowels
2. continence promotion
3. management of incontinence
4. Constipation
5. Aids and appliances
6. Catheter care

**Thursday 14th February 2019 at 11am– 13:00.**

**At: Emmanuel's Methodist Church, 448 Oxford Rd, Reading, RG30 1EE**

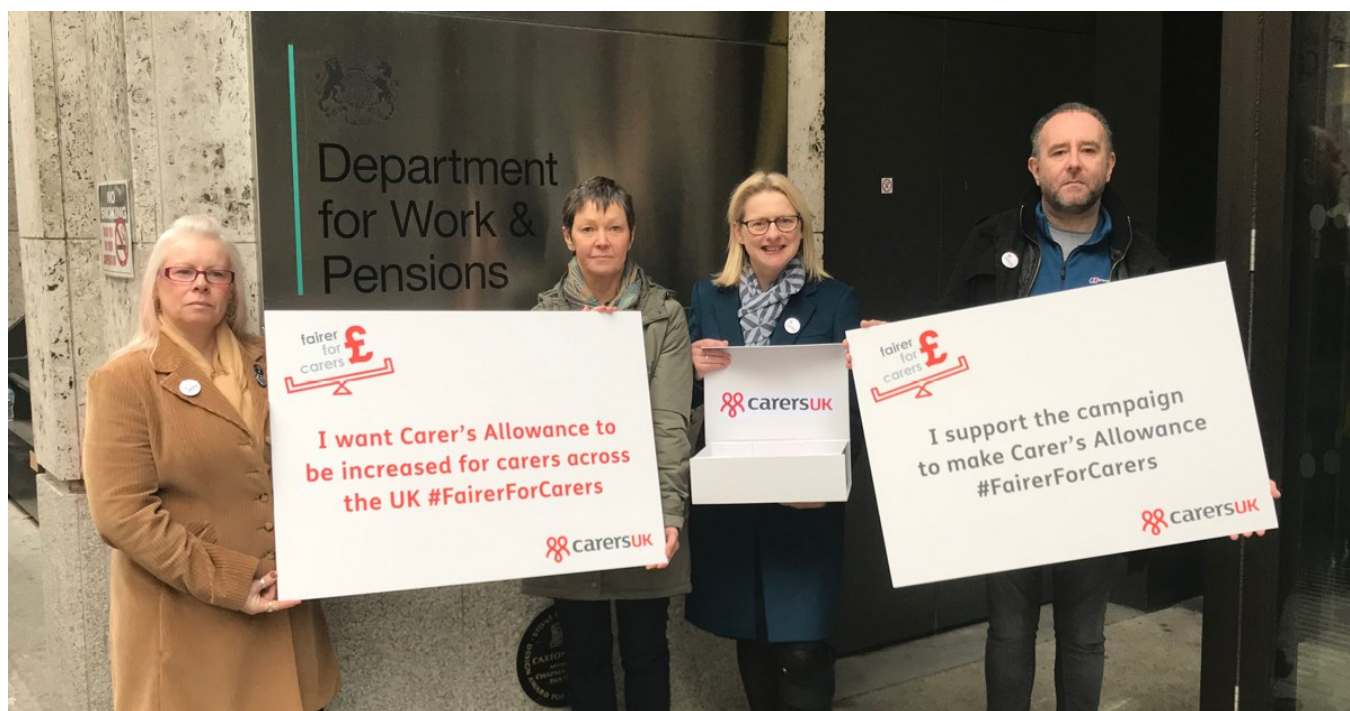
**Limited places available. Open to carers across all areas Reading , Wokingham and West Berkshire**

**To book, please call 0118 324 7333**

# Work and Pensions Secretary urged to make financial support fairer for unpaid carers

10 January 2019

- Carers UK delivers a letter from 8,200 carers calling on Amber Rudd to increase Carer's Allowance in the rest of the UK to match change in Scotland. More than 750,000 unpaid carers in England, Wales and Northern Ireland are



## £442 a year worse off compared with carers in Scotland<sup>1</sup>

Leading carers' charity Carers UK has this morning (Thursday, 10th January) hand-delivered a letter signed by more than 8,200 people to the Work and Pensions Secretary, Rt Hon Amber Rudd MP, calling for fairer financial support for unpaid carers across the UK.

Unpaid carers in England, Wales and Northern Ireland receiving Carer's Allowance - the main benefit for people caring more than 35 hours a week for family or friends - receive just £64.60 per week to support their living costs, the lowest benefit of its kind.

Cont -

In Scotland, however, Carer's Allowance has been increased to the same level as Jobseeker's Allowance, up by £8.50 per week, bringing the total to £73.10 a week.

The change means that carers living in the UK are receiving different levels of financial support depending on where they live – with their finances tied to a postcode lottery.

It means more than 750,000 unpaid carers in England, Wales and Northern Ireland are £442 a year worse off compared with carers in Scotland<sup>2</sup>.

Carers UK has been campaigning for better financial support for unpaid carers through its Fairer for Carers campaign. The charity wants to see the increase implemented in the rest of the nations, bringing Carer's Allowance to the level of Jobseeker's Allowance throughout the UK, with associated increases to the Carer Premium, Addition and Element\* in means-tested benefits, so that all carers in the UK see an increase in the financial support they receive.

**Helen Walker, Chief Executive of Carers UK, said:**

“Carer's Allowance is the lowest benefit of its kind and many unpaid carers who rely on this support face a never-ending struggle to make ends meet.

“We know that 1.2 million carers are living in poverty, with many having to cut back on small things that allow them a life outside of their caring responsibilities – and even forgoing essentials such as food and heating.

“The increase for carers in Scotland is welcome. Now, it's time the Government made it fairer for carers and raise Carer's Allowance in the rest of the UK – recognising carers' enormous contribution to the economy, worth over £132 billion every year<sup>3</sup>. The Government's Green Paper on Social Care must have families at its heart - including better financial support for those caring unpaid for loved ones.”

Carers UK Chief Executive, Helen Walker, and carers from England, Wales and Northern Ireland in receipt of Carer's Allowance made the trip to the Department for Work and Pensions to hand in the letter.

## Carer breaks—Reading.

Reading Services Guide. You are in: Home – Adult Care – Carers – Carers Break  
Regular breaks from caring can benefit both you and the person you care for.

Find replacement care. (<http://servicesguide.reading.gov.uk/kb5/reading/directory/results.page?qt=respice&term=&sorttype=relevanc>)



### Replacement care services available -

#### Supported activity sessions

The person you care for could go to a supported day service, social group or activity session. This gives them the opportunity to get out of the house, take part in activities and socialise while you take some time for yourself.

#### The Shared Lives Scheme

This links the person you care for with a trained carer to provide care and support while you take a break. This can be in their own home, in your home or out and about. Breaks can be flexible, ranging from a few hours to overnight or longer stays.

#### Sitting services / replacement care

Some organisations provide trained carers to sit with the person you care for for a few hours to allow you to do other things.

#### Residential breaks

The person you care for could have a short-term stay in a residential or care home, allowing to take a complete break from caring.

#### Crossroads Care Reading

Crossroads Care Reading - offers sitting services, replacement care and group care. You can contact them for further information on: 0118 945 4209.

Tourism For All UK <https://www.tourismforall.org.uk/>

Visit England <https://beta.visitengland.com/plan-your-visit/access-all>

Open Britain <https://www.tourismforall.co.uk/>

Nationwide Access Register <https://www.directenquiries.com/>

Disabledholidays.com <https://www.disabledholidays.com/>

## Ten Health Tips for Unpaid Carers

1

### Take care of yourself

Always look after your own health and wellbeing to help you continue to look after the people for whom you care.



2

### Visit health professionals

Don't leave your health to get worse before you seek help. It is important to let your GP know you are a Carer so they can understand the responsibilities you have.



3

### Eat well

Shopping, meal planning and preparation are important for good nutrition and a healthy daily routine. Have fresh fruit and nuts available for quick snacks, eat regular meals, and don't postpone meals. For more details about healthy eating visit: [www.nhs.uk/livewell/healthy-eating](http://www.nhs.uk/livewell/healthy-eating)



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### Manage any sleep problems

Sleep problems can affect your energy and concentration levels making it difficult to carry out your caring role. Your sleep can be improved by; changing lighting levels, exercising, avoiding alcohol and caffeine or by doing something calming to relax before bed. Try to maintain regular times for bedtime and getting up.



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### Look after yourself emotionally

Caring can be hard work and many Carers get stressed, depressed or feel anxious. Speak to your local Carers' organisation, other Carers, friends, family members or your GP about how you are feeling. You can also self-refer to Talking Therapies by visiting: [www.talkingtherapies.berkshire.nhs.uk](http://www.talkingtherapies.berkshire.nhs.uk) or 0300 365 2000





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### Ask others to help

Sometimes others may want to help you in your caring role. Give them specific things you need doing and times you need them to come. They may well be pleased to be asked.



7

### Make sure you get a break

Everyone needs time to recharge their batteries. Being a Carer can be emotionally and physically tiring. Taking a break from caring can help improve your physical and mental wellbeing. For advice on respite care, email or speak to the 'access for All team' at West Berkshire Council: [ccenquiries@westberks.gov.uk](mailto:ccenquiries@westberks.gov.uk) or **01635 503050**.



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### Don't feel alone

Many Carers have found that support groups and peer support are valuable in reducing feelings of social isolation. Contact Berkshire Carers Services for information on local support groups and events: [www.berkshireCarers.org/](http://www.berkshireCarers.org/) or **0800 988 5462**.



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### Take regular exercise

Research has shown that regular physical activity can improve mood, self-esteem and quality of sleep. Having good physical fitness, strength and flexibility reduces the risk of physical injury and fatigue from the demands of caring. For more details about exercise visit: [www.westberks.gov.uk/physicalactivity](http://www.westberks.gov.uk/physicalactivity)



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### Manage your money

Unpaid Carers who are on low incomes may be entitled to benefits, speak to the 'Access for All' team at West Berkshire Council, email: [ccenquiries@westberks.gov.uk](mailto:ccenquiries@westberks.gov.uk) or **01635 503050**, Jobcentre Plus or West Berkshire Citizens Advice Bureau. Further information is also available on the GOV.UK web page Carers and disability benefits.



Public Health and Wellbeing Team, West Berkshire Council, Market Street,  
Newbury, Berkshire, RG14 5LD e-mail: [publichealthandwellbeing@westberks.gov.uk](mailto:publichealthandwellbeing@westberks.gov.uk)  
follow us on Twitter @WestBerksPH

WBC/PH/RJ/0615

You are here: [Home](#) / [Care and support for adults](#) / [Support for carers](#)

## Support for carers

### Popular pages



[Carers assessments - support if you're a carer](#)



[Find short breaks from caring](#)



[Help for young carers](#)



[Find support for caring emergencies](#)



[Find help with employment](#)



[Find support and social groups for carers](#)



[Benefits and financial help for carers](#)



[Digital resource for carers by Carers UK](#)

**WOKINGHAM**  
BOROUGH COUNCIL

[Contact us](#)

[Current consultations](#)



To access the information on this page in your browser enter the following  
[http://www.wokingham.gov.uk/care-and-support-for-adults/support-for-carers/  
search-for-breaks-from-caring/](http://www.wokingham.gov.uk/care-and-support-for-adults/support-for-carers/search-for-breaks-from-caring/)

Or call : 01189 746 000

## Support for carers

[Carers assessments](#)

[Search for breaks from caring](#)

[Search for support and social groups for carers](#)

[Search for help in a caring emergency](#)

[Search for support with employment and education for carers](#)

[Legal and money matters for carers](#)

[Digital resource for carers by Carers UK](#)



**Reading Walks.**— welcome to Reading Walks community walking scheme. This scheme is aimed at getting more people in Reading walking. This scheme is a great way to meet new people, improve your health and get to know your local community.

**Monday, 10.00 a.m. - 11.00 a.m. Whiteknights Walk.**

Meet at the No.21 Bus Stop outside the Whiteknights House university administration building on the main university campus. A varied circuit around the grounds with beautiful views of the lakes, their wildlife - and the Harris Garden, always maintained to seasonal splendour by its group of gardening-enthusiast volunteers. Coffee and meeting of all groups is at the end of the walk at The Square student cafeteria.

**Monday, Fortnightly Tilehurst Potteries Walk (exc BH). 10.30am - 11.00am,**

meet at The Tylers Rest Norcot Rd, for a walk around the Tilehurst area, finishing with a chat and hot drink (own purchase) at the Tylers Rest on Norcot Rd. Forthcoming walking dates are:

Feb 4th, Feb 18th, Mar 4th, Mar 18th.

**please note:** Parking is available at the Tylers Rest for £1.00, which is refundable if purchasing a drink with the group afterwards.

**Thursday, 9.45 - 11.00am. Meet at Prospect Park**

Car Park off Liebenrood Road, Reading. This walk is divided into three ability-level walks. All walks are within the Prospect Park grounds. This level/pace of walk is for all levels. This walk is managed by Heartbeats, the West Berkshire Heart Support Team.

**Last Friday of the Month, 11.00-12.00pm Meet at Coley Park Community Centre,**

**Wensley Rd.**

Take a walk along the Holybrook and through the surrounding Fields. It is on the last Friday of the month at 11am, meeting outside Coley Park Community Centre, Wensley Road, Reading, RG1 6DW. A walk of roughly one mile in the Coley Park area. When the ground is dry enough the walk takes you through the water meadows and along the Holy Brook. It is a lovely walk where deer, red kites and herons have been spotted.

**Contact Details—Karen Swain—Activity & Health Development Office 0118 937 5060**

**Rsl.enquiries@reading.gov.uk**



The local voice of learning disability



LOTTERY FUNDED

## **Information & Advice for Carer's of people with Learning Disability**

Are you caring for a son or daughter or relative with a learning disability and need help with an issue around their care package, charges for their care, benefits, or any other service, we can help you. Our unique Family Support Service has been helping families and individuals for many years. We offer full casework from a skilled and experienced Family Adviser who can offer home visits, support at meetings and much more.

**Call:** 0118 9662518, Monday to Friday 9.30 to 1.30

or **email:** [office@readingmencap.org.uk](mailto:office@readingmencap.org.uk)

For full details of our services see our website: [www.readingmencap.org.uk](http://www.readingmencap.org.uk)

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### **A message from Reading Borough Council**

We would like to meet with service users in receipt of home care and/or supported living services to hear their views on what is important to them when receiving these services and how they would like these services to be commissioned in the future.

We are re-commissioning home care and supported living services this year so there will be a new contract and service users' views will be considered as we specify what is expected of providers.

We have booked the **Council Chamber** on **Wednesday 27th February** from 13:30 – 14:30.

To assist us with planning the event, please could you let the Contracts and Commissioning Team know if you would like to attend by

e-mail at: [contracts.team@reading.gov.uk](mailto:contracts.team@reading.gov.uk)

# Dementia Care Advisory Service

## Living with memory problems?

Advice and support for  
people of any age  
diagnosed with  
dementia, their carers,  
families and friends

### We can help by

- Listening to all your concerns and providing confidential support
- Providing a consistent point of contact
- Providing you with opportunities to meet other people with dementia and carers

### We can provide information on

- local activities, groups and support services
- Longer term planning, including legal issues
- Money matters and benefits
- Services offered by Health and Social Services
- Living well with dementia
- Taking a break

**Contact us on 01189 495101**

For people under 65 with dementia in West Berkshire, Reading and Wokingham Boroughs

**Clare Goodyear** [clare.goodyear@wokingham.gov.uk](mailto:clare.goodyear@wokingham.gov.uk)

For people over 65 yrs with dementia in Wokingham Borough

**Michelle Gilbert** [michelle.gilbert@wokingham.gov.uk](mailto:michelle.gilbert@wokingham.gov.uk)



Berkshire West Carers Hub

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

Charity number: 1051649.

## Health and Well-being memberships for Carers

### Free Memberships



Take advantage of **free** membership for 12 weeks at a local gym and have access to the gym, pool, Jacuzzi or any of the exercise classes.

Carers who are registered with Reading & West Berkshire Carers Hub can ring the Hub On **0118 324 7333** to arrange their membership.

Carers can book a maximum of 1 day per week at their chosen gym. You decide what day of the week you would like. Some days are more popular than others so we cannot accurately predict how long the waiting time will be. Once you have registered your interest with us, we will contact you when a vacancy becomes available and give you all the information you need to go for your first session. Your first visit will include an induction with an experienced trainer.

## Reading

### Living Well Hilton

Drake Way  
Reading  
RG2 0GQ

### Nuffield Health

240 South Oak Way  
Lime Square  
Green Park Reading  
RG2 6UL

## West Berkshire

### Hilton Newbury

Newbury North Health Club  
Living Well  
Oxford Road  
Chieveley  
RG20 8XY

## Wokingham

### Nuffield Health

1 Denmark Street  
Wokingham  
RG40 2LD

**To Book a place, please contact us on the usual number.**

**☎: 0118 324 7333**

### Carers' Craft

This is a monthly craft group which includes sessions run by a tutor including:

Card making  
Jewellery making



### Plus tea and chat!

If you intend to come along please bring a small sewing kit with you containing needle, thread, scissors, pencil and ruler. We do have a theme each month but also have cards available to decorate. Members are welcome to bring their own projects to finish and/or give ideas to others.

This craft group is run by carers for carers

**For more information you can contact Pat Regan on:** 0118 934 0288 or email Pat at [regans2@btopenworld.com](mailto:regans2@btopenworld.com)

## 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



## Quick chocolaty mousse - yummy!



### INGREDIENTS    -    SERVES: 6

- 100g good quality plain chocolate
- 50ml milk
- 200ml double cream
- 100g strawberries (or other seasonal fruit), sliced

### METHOD

**PREP: 20MIN**

**COOK: 5MIN**

**READY IN: 25MIN**

1. Melt chocolate in a heatproof bowl set over a pan of barely simmering water. Once smooth and melted, remove from heat.
2. Heat the milk until just boiling, then whisk in melted chocolate. Remove from heat and leave to cool.
3. Whip 150ml of the cream to soft peaks, then fold into cooled chocolate.
4. Reserve 6 strawberry slices for decoration, then divide remainder between 6 serving ramekins or small bowls. Evenly spoon over the chocolate mousse.
5. Whip remaining cream to stiff peaks, then place a dollop over each bowl of mousse and decorate with reserved strawberries.





# Monthly News- letter

In order for us to provide a newsletter to your liking, **PLEASE** spare a couple of minutes to give us your opinions and views.

Return this form to:

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

Question	Reply / Comment
Which area do you live Reading, West Berkshire or Wokingham?	
Information contained in the articles is – 1 - To little 2 - To much 3 - About the right	
Do you feel better informed?	
Have you learnt anything new from the newsletters?	
What do like the most about the Newsletter?	
What do you dislike about the newsletter?	
What changes would you like to see?	
Any other comments?	

Thank You for your time.

If you do not have email, please fold up this page, add a couple of bits of Selotape to seal and post it back to us.

We spend a substantial amount of time and money sending out the newsletters, so any feedback from you would be really appreciated.

Business Reply Plus  
Licence Number  
RTTX-CAEX-AUHR



Reading & West Berkshire Carers Hub  
Unit 14  
Albury Close  
READING  
RG30 1BD

# Wokingham Outreach

## Carer Supports groups



For further details call 0118 324 7333

Area	When / Where	Feb	Mar	Apr	Of Every Month
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Wokingham	General -The Berkshire, 126 Barkham Rd, Wokingham, RG41 2RP, <b>10-12pm</b>	13th	13th	10th	Every 2nd Wed
Wokingham	Stroke Carers - The Bradbury Centre, Rose Street, Wokingham, Berkshire, RG40 1XS, <b>10-12pm</b>	14th	14th	11th	Every 2nd Thurs
Wokingham	Alzheimer Cafe -The Bradbury Centre, Rose Street, Wokingham, RG40 1XS. <b>1.30-3pm</b>	5th 19th cxd	5th and 19th	2nd, 16th & 30th	Every 2 weeks on Tue
Wokingham	** Mental Health - St Pauls Parish Room, Wokingham, Berkshire, RG41 1EH <b>2.00-4pm</b>	7th	7th	4th	Every 1st Thurs

Wokingham	** Carers Forum- St Pauls Parish Room, Reading Road, Wokingham, RG41 1EH <b>10.00– 12pm</b>	N/R	5th	N/R	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>	N/R	5th	N/R	Weds Every 8 weeks
Wokingham	Carers Drop - in session. The Bradbury Centre, Rose Street, RG40 1XS <b>10.00 –12pm</b>	5th & 19th	5th & 19th	2nd, 16th & 30th	Tues Every 2 weeks

**\*\*NEW VENUE**

**\*\*N/R –Not running**

Berkshire West Carers Hub  
Call us: 01183247333 Email us [ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)  
Charity number: 1051649.

## West Berkshire Upcoming Support Groups

For further details call 0118 324 7333



### Carers Support Group for carers of people with any disability or illness

Area	Location / Time	Feb 2019	March	April	Of Every
<b>Lambourn</b>	Lambourn Memorial Hall, Oxford Street, Lambourn,	21st	21st	18th	Every 3rd
<b>Pangbourne</b>	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon - 2 pm	6th	6th	3rd	Every 1st Wed
<b>Newbury</b>	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am - 12pm	28th	28th	25th	Every 4th
<b>Hungerford</b>	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	19th	19th	16th	Every 3rd Tues

### 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	20th	20th	17th	Every 3rd Wed
<b>Thatcham</b>	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	13th	13th	10th	Every 2nd Wed

### Reading Upcoming Support Groups

Area	Location / Time	Feb 2019	March	April	Of Every Month
<b>Whitley</b>	<b>Stroke</b> -Whitley Community CAFÉ, 252 Northumberland Av RG2 7QA (10-12pm)	7th	7th	4th	Every 1st Thurs
<b>Caversham</b>	<b>General</b> - Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG (11:00- 12:30pm)	4th	4th	1st	Every 1st Mon
<b>Tilehurst</b>	<b>Dementia</b> - Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE (10:30- 12:00pm)	26th	26th	23rd	Every 4th Tues
<b>Whitley Wood</b>	<b>General</b> -Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH (10:00- 12pm)	20th	20th	17th	Every 3rd Wed
<b>Cemetery Junction</b>	<b>General</b> -Palmer Park Library, St Bartholomews 20 Rd, Reading, RG1 3QB (10:30- 12pm)	27th	27th	24th	Every 4th Wed

Berkshire West Carers Hub

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