

# Tü Vida

Supporting your life

Newsletter August 2022



Reading & West Berkshire  
Carers Hub



Wokingham  
Outreach Carers Service



**To unsubscribe, if you no longer wish to receive  
our monthly newsletters Email us on  
[berkshire@tuvida.org](mailto:berkshire@tuvida.org)**

**We are looking to reduce the amount of newsletters being sent out by post to help  
with the environment and to keep you up to date with what is going on.**

**If you have an email address and are happy for us to use this for future  
communications, please let us know.**

**[berkshire@tuvida.org](mailto:berkshire@tuvida.org)**





# Do you provide care for a family member or friend?

## You may be eligible for a carers card.

Carers cards help make others aware that somebody is dependent on you. Having a carers card can be useful if you need support or assistance when you're out and about.



Carers cards are free for unpaid carers of all ages and can be used across Reading, West Berkshire and Wokingham.

The cards are available from a local carers charity TuVida. TuVida can also help to create an 'emergency plan' setting out who should be contacted should you become unwell/involved in an accident/delayed and emergency support is needed for the person you care for. Your nominated person's contact details will be added to the back of the carers card.

**To find out more, contact TuVida's Berkshire Carers Hub:**

**0118 324 7333**

[berkshire@tuvida.org](mailto:berkshire@tuvida.org)



**Tu Vida**  
Supporting your life

# Roffey Respite Weekend

**If you are a Reading carer and in need of a break/weekend away TuVida are running a weekend at Roffey institute where there will be massages, Tree Therapy, Art Therapy along with nature walks and the opportunity to wind down with evening entertainment.**

# 9th to 11th September 2022

**Please call for more information and to register as spaces are limited. There is a small fee to reserve space of £50 (to include transport from Reading, accommodation, meals and evening entertainment).**

**Adrienne Mills on— 07860357613/ [adriannemills@tuvida.org](mailto:adriannemills@tuvida.org)**

**Saliah Mahmood —07920 488957/ [saliahmahmood@tuvida.org](mailto:saliahmahmood@tuvida.org)**

*Are you providing much needed care for a loved one, friend or family member?*

## Support Groups for Carers living in Wokingham

- **General support group - every 2nd Wednesday of the month, 10am - 12noon at The Bradbury Community Centre, Rose Street, Wokingham, RG40 1XS.**
- **Stroke Carers Group - every Last Thursday of the month, 10am -12noon at The Wade Day Centre, 40 Reading Road, Wokingham, RG41 1EH**
- **Alzheimer's Carers Group - every 2nd Tuesday of the month, 12pm -1.30pm at Bradley Community Centre , Rose Street, Wokingham, RG40 1EH.**  
**(need to book through Claire - 07954 220626)**
  - **Evening Carers Group - TBC**
  - **Parent Carers Group - TBC**



**Need to book in advance for a space on all our support groups.**

**Call Charlotte on 0118 324 7333**

**Or email [Berkshire@tuvida.org](mailto:Berkshire@tuvida.org)**

*Are you providing much  
needed care for a loved one,  
friend or family member?*

## Support Groups for Carers living in Reading

- **General support group - every 1st Monday of the month,  
11am - 12.30pm**

**at Caversham Heights Methodist Church, 74 Highmoor Road, Caversham,  
Reading, RG4 7BG.**

- **Dementia Carers Group - every 3rd Tuesday of the month,  
10.30am -12noon**

**at Abbey Baptist Church, Abbey Square, Reading, RG1 3BE**

- **Stroke Carers Group -every 1st & 3rd Thursday of the month,  
10am -12noon**

**at Whitley Community Café, The hub252, Northumberland Avenue,  
Reading, RG2 7QA**

- **Stroke Carers Group -every 2nd Thursday of the month,  
2pm—4pm**

**at Royal Br Legion Downing Rd, off school Rd, RG30 5NN**



**Need to book in advance for a  
space on all our support groups.**

**Call Adrienne on [0118 324 7333](tel:01183247333)**

**Or email [berkshire@tuvida.org](mailto:berkshire@tuvida.org)**

*Are you providing much  
needed care for a loved one,  
friend or family member?*

## Support Groups for Carers living in West Berkshire

- **General Carers Group** - every 4th Monday of the month,  
10am -12noon at Hungerford Library, Church Street, Hungerford,  
West Berkshire, RG17 0TG
- **Mental Health Carers Group** - every 1st Monday of the month,  
10am - 12noon at Calcot Main Hall, Highview, West Berkshire,  
RG31 4XD.
- **General Carers Support Group** - every 2nd Monday of the month,  
10am -12noon at Calcot Main Hall, Highview, West Berkshire,  
RG31 4XD.
- **General Carers Support Group** - every 3rd Tuesday of the month,  
10am -12noon at Riverside Community Centre, Rosemoor Gardens,  
Newbury West Berkshire RG14 2FG



No need to book in advance for a  
space on all our support groups.

Call Steve on **0118 324 7333**

Or email [berkshire@tuvida.org](mailto:berkshire@tuvida.org)

## CAREFREE BREAKS - [berkshire@tuvida.org](mailto:berkshire@tuvida.org)

### Free accommodation for unpaid carers!!

#### How it works

##### ACCOMMODATION

Thanks to the generosity of Carefree's Hospitality Partners, they are able to offer short breaks at minimal cost for full-time unpaid carers in need of some time off.

There are two options:

**HOTEL:** 1-3 nights with 1 companion (adult or child). Twin or Double room.  
Breakfast included.

**HOLIDAY COTTAGE:** 7 nights with 1 adult companion and/or up to 2 children.  
Self-catering.

**REFERRALS** - Carers Hub can make referrals to CareFree Breaks on behalf of the carer. TuVida Berkshire Carers Hub are registered referrers with Carefree - call us on **0118 324 7333** or email [berkshire@tuvida.org](mailto:berkshire@tuvida.org)

**COSTS** - there is no charge for the accommodation but you are responsible for all other costs (transport, food, travel insurance etc.) and there's a £25 admin fee to help with the cost of operating our charity.

**CARE-FREE** - the short breaks initiative is specifically designed to give carers some time away from their caring responsibilities. You are welcome to take a companion with you but not the person that you care for. If you can't go away for more than one night, that's OK. If you want to travel alone, that's fine too.

**ELIGIBILITY** - to qualify for a break you must be:

- Aged 21 or over
- Full-time unpaid carer (30+ hours pw)
- Able to arrange interim care
- Able to pay for extras (admin fee, transport, food, travel insurance etc.)

*Please note: only one carer per household can sign up with Carefree, so if e.g. you and your partner both care for your child, only one of you will be referred. (You will however, be able to bring a guest, which could be your partner, along with you to your break).*

Aug 2021/Berkshire Carers Hub

# **Carers Assessment**

If you care for someone, you can have an assessment to see what might help make your life easier. This is called a carer's assessment. It might recommend things like: someone to take over caring so you can take a break. Gym membership and exercise classes to relieve stress.

## **Is a carer's assessment a legal requirement?**

If you care for someone, you have a legal right to have your caring needs assessed. A carer's assessment should look at all your needs. This includes the things you would like to be able to do in your daily life.

## **What is the point of a carer's assessment?**

A carer's assessment works out whether you qualify for support from the council in your role as unpaid carer. It's a chance for you to talk about how your caring responsibilities affect you. It will look at: whether you're willing and able to carry on providing care.

## **Your assessment should cover:**

- Your caring role and how it affects your life and wellbeing.
- Your health – physical, mental and emotional issues.
- Your feelings and choices about caring.
- Work, study, training, leisure.
- Relationships, social activities and your goals.
- Housing.

## **What benefits can you claim if you are a Carer?**

You can get an extra amount called a 'Carers' Premium' or 'Carers' Addition' added to any of the following benefits if you get Carer's Allowance: Pension Credit. Income-based Jobseeker's Allowance. Income-related Employment and Support Allowance.

## **What are full time carers entitled to?**

Child Tax Credit ( parent carer). Income-based Jobseeker's Allowance. Income-related Employment and Support Allowance. Housing Benefit.

**For more information and support with completing an assessment please contact us on 0118 324 7333 or email us on [berkshire@tuvida.org](mailto:berkshire@tuvida.org)**



## **Emergency / Contingency Plan**

The Emergency / Contingency Plan is a scheme which operates 24 hours a day, 7 days a week, every day of the year. It provides urgent support to the cared-for person in the event of a carer being unable to care because of sudden illness, accident or another unplanned event. The scheme offers carers peace of mind knowing there will always be someone available to call should they be needed.

**For more information please contact us on  
0118 324 7333 or email us on  
berkshre@tuvida.org**

## **Reading Community Mental Health Team Family, Friends and Carer's group**

(This group is open to anyone who has a friend, family member who has an open referral to Reading community mental health team)

.They meet every second Wednesday of each month 6-8pm at Prospect Park Hospital.

**For more information Contact Julie on  
Julie.Hetherton@berkshire.nhs.uk**

## **Music & the Mind**

Music has an enduring and enigmatic relationship with mental health, arising from its extraordinary power to evoke memories and emotions. We will explore this mystery, hopefully to gain a fresh perspective of the many ways we can use music to improve our mood and well-being.

Online

Friday 5th & 12th August

10.00am - 11.00am

## **Being Kind to Ourselves**

Do you struggle to show yourself kindness? On this course, you will learn what compassion is and why it can be difficult to direct towards ourselves. We will explore why self-compassion is important, the inner critic and ways to increase our self-compassion.

Online

Tuesday 9th, 16th & 23rd August

10.00am - 11.30am

**if you would like to join any sessions email  
recoverycollege@wokingham.gov.uk**

## **Managing Anxiety**

Living with anxiety can be challenging, but there are some things we can do to help lessen the impact it has. In these sessions we will look at different coping strategies to help us better manage our anxiety.

In Person

Tuesday 16th, 23rd & 30th August

2.00pm - 3.30pm

## **Consolidating Your Recovery**

Reflecting on our recovery journey can support us to move forwards. This workshop will invite you to identify what you have learned from challenges, how you have changed and what you can do to maintain your wellbeing.

Online

Thursday 18th August

10.00am - 11.30am



## Things to do with the Children this Summer

### **Den building masterclass**

basildon park, lower basildon, reading rg8 9nr

**2:30pm-4pm**

29th July-5/12/19/26th August

### **Summer craft s& bouncy castles**

wellington country park, odiham road, riseley, rg71sp

**All Day during opening hours**

30th July- 31 August 2022

### **The word of peter rabbit story time trail**

the base, 1 communications road, greenham bussiness park, greenham rg19 6ab

**10am-4pm**

30th July-31th August 2022

### **welly's big dinosaur weekend**

wellington country park, odiham road, riseley, rg71sp

**All Day during opening hours**

5th-7th august 2022

### **family jam**

readipop studios, 15 trafford road, reading, rg1 8jp

**10am-11:30am**

6th august 2022

**Cost £3**

### **Here comes the sun festival 2022: suitable for under 14's**

rising sun arts centre, 30 silver street, reading, rg1 2st

**2pm - 11pm**

6th august 2022

**tickets £10 and under 14's go free**

### **Zombie high**

south hill park, bracknell, rg12 7pa

2pm- 7pm

6th-7th august 2022

**Cost £8.50**

### **Reading childrens book group: suitable for ages 5-8 years**

fourbears, 20 prospect street, caversham, reading, rg4 8jg

**10am-11am**

7th august 2022

# Wellbeing Sessions

Led by qualified instructors these chair-based sessions are perfect for gently rebuilding your strength, suppleness, skill and stamina and more importantly, provide an opportunity to reconnect and socialise with others

Call or email Kate to book or for more info  
[kate.wiggins@getberkshireactive.org](mailto:kate.wiggins@getberkshireactive.org)  
07706357801



## Reading

**Tuesdays 1400 at Oak Tree House**, Spey Road (indoors), Chair based Exercise with Kate

**Thursdays 1100 Milestone Centre**, Caversham Park Village (outdoors), Chair based Exercise with Kate

**Thursdays 1430 at St Matthews Church Hall**, Southcote (indoors), Chair Based Exercise with Kate

## West Berkshire

**Mondays 1145 at Hungerford Royal British Legion** (indoors), Chair based Exercise with Hayley

**Tuesdays 1115 at the Fairclose Centre, Newbury** (indoors), Chair based Exercise with Kate

**Fridays 1100 The Dorman Room, Pangbourne** (indoors), Chair based Yoga with Sami

**Wednesdays at 11am**, Gentle Chair based exercise with Debbie and Mandy from Mindset Massage

## Virtual sessions

**Fridays at 11.15am**, Gentle Chair based exercise with Hayley



# Online Dementia Café

Second Wednesday of each month at  
11:00 - 12:00

To book, email  
Victoria.Rowland@AgeUKBerkshire.org.uk  
or  
Janet.Dillon@AgeUKBerkshire.org.uk  
Tel: 0118 959 4242

## DIAMOND DANCERS



Do you want to move more, stay fit, have fun and meet new people?

"Diamond Dancers" is a new Dance and Movement class created specifically for people 50+.

Your first class is on us...

**Where :** Allenova Dance Studios ([www.allenova.co.uk](http://www.allenova.co.uk)), 8 Berkshire Drive, Thatcham (off Pipers Way)

Free Parking and all classes are in ground floor studios.

**When :** Thursdays 10-10.45am

**Who :** Classes taught by Kate Kearns, experienced dance teacher and specifically trained in 50+ dance and movement.

To book your session please email [elevateescalate@gmail.com](mailto:elevateescalate@gmail.com) or call 07764994657.

# best foot forward



New Walking for Health group starting in Hungerford on the 13th September, meeting every Monday.

Walking is a great way to get fit, explore what's on your doorstep and make new friends. Join one of our short, free walks today. Everyone is welcome, just pop your shoes on and turn up!

Monday's 10am, meet at Hungerford Rugby Club car park RG17 0HR, approximately 1 hour walk, just turn up

[walking@westberks.gov.uk](mailto:walking@westberks.gov.uk) [Info.westberks.gov.uk/wfh](http://Info.westberks.gov.uk/wfh)

Permission to use the common for these walks kindly granted by Town and Manor of Hungerford



### TuVida Wokingham Carers Respite

Respite Care provides both practical home help and respite breaks to support unpaid carers and to assist with Contingency planning in Wokingham, Bracknell Forest and surrounding areas. For more information, please contact the office .

Tel: 0118 945 4209

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

Email [Wokingham@tuvida.org](mailto:Wokingham@tuvida.org)

**TuVida**

### TuVida Reading Carers Respite

Respite care involves the provision of professional care that enables the unpaid carer to have time off. This could be by providing support to the cared for person in their home, or out in the community, doing an activity of their choice

The service is for carers who look after someone over the age of 18 and is available 7 days a week, including evenings

Our care plans are always individualised, in response to the unique requirements of people needing care and their families

For more information please Call 0118 945 4209 or visit our website at [www.tuvida.org](http://www.tuvida.org)

**TuVida**

### Crossroads Care West Berkshire

Crossroads Care West Berkshire is a domiciliary care agency providing care and support to people who live in the community. They offer a flexible and varied service to people who care for others by supporting the people they care for.

Broadway House, 4-8 the Broadway

Newbury

RG141BA

0163530008

[care@oxfordshirecrossroads.org.uk](mailto:care@oxfordshirecrossroads.org.uk)

**CROSS  
ROADS  
CARE**

**West Berkshire**

