

Reading and West Berkshire Carers Hub

Newsletter May 2018



Carers Week

June 11th - 17th

See Inside For Details

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





Hello – My name is Christine.

I will be covering the Reading area, along with Nafeesa, as a full time Support Worker.

My background is 18 years as a paid carer but I also have personal experience of looking after my late father who had dementia and I have 3 grown-up sons.

I look forward to helping you with everything we can offer.

Christine

General Data Protection Regulation (GDPR)

You may have heard about the new General Data Protection Regulation (GDPR), that comes into effect on May 25, 2018.

To help comply with GDPR consent requirements:

If you would **NOT** like to receive any communications from us, we need you to confirm this by the 18th of May you can do this by calling:

01183247333

If we do not hear from you by then we shall continue to send you our communications.

If you do opt out it will be sad to say goodbye.

Dementia Action Week

To celebrate this year's dementia action week in Reading

the Dementia Action Alliance is committed to creating even more Dementia Friends, to enable **Reading** to work towards becoming a dementia friendly town.

Tuesday 22nd May	Tilehurst Library 12 noon
Tuesday 22nd May	Battle Library 2 pm
Tuesday 22nd May	Southcote Library 6 pm
Wednesday 23rd May	Palmer Park Library 10 am
Wednesday 23rd May	Caversham Library 12 noon
Thursday 24th May	Whitley Library 2 pm
Thursday 24th May	Reading Central Library 2 pm

The **Dementia Action Alliance** is a group of dedicated volunteers who aim to bring about change for people living with dementia in Reading. We believe that everyone living with dementia can live well with the support of their community, who take the time to understand what it really means to be a dementia friend or a dementia friendly organisation.

For more information,

please call Michelle Berry- Neighbourhood Co-ordinator for Wellbeing Team on 07834 335103

To celebrate this year's dementia action week in West Berkshire

West Berkshire Dementia Action Alliance is aiming to improve the lives of people living with Dementia in West Berkshire.

Monday 21st May - Drop in information session at Pangbourne Village Hall – 2-4pm.

Thursday 24th May - Dementia Friends information session – Corn Exchange Newbury
11am – book a place online at www.dementiafriends.org.uk

Friday 25th May - Friends information session Thatcham town centre .time TBA

Contact

For more information or to be part of the West Berkshire Dementia Action Group please contact : sue.butterworth@westberks.gov.uk



Awareness Raising Stand

Thursday 24th May from 10am-2pm

**The Oracle Shopping Centre
Reading**

An opportunity to meet the team and ask any
questions around dementia

01189596482

Unite with us at
alzheimers.org.uk/DAW
#DAW2018

Alzheimer's Society is a registered charity in England and Wales
(296645); the Isle of Man (1128) and operates in Northern Ireland.





Dementia action week is fast approaching!

21 to 27 May

As a part of our ongoing commitment to making West Berkshire a more dementia friendly place, and our role on the **Newbury** Dementia Friendly Community Forum, we are hosting a public Dementia Friends Information Session! We'll be running this with the help of our friends over at Newbury Library we'd like to invite you to come along! The session will take place in the Balcony Bar on Thursday 24th May at 11:00. To book your free space click [here](#).

Dementia Friends is the biggest ever initiative to transform the way the nation thinks, acts and talks about dementia.

Becoming a Dementia Friend simply means finding out more about how dementia affects a person through attending an information session and then, armed with this understanding, doing small everyday things that help. For example, being patient in a shop queue, or spending time with someone you know who's living with dementia.

Every action counts, no matter how small!

If you're looking to volunteer your time to help people in your area living with dementia why not join the Newbury Forum? We're a mixed group of volunteers, care organisations, local businesses, among others, working together on a programme of public community events throughout the year and work together to raise awareness of dementia.

If you're interested in joining the forum or would like to come and see what it's all about contact Getinvolved@cornexchangenew.co.uk for more information.

The CAP Life Skills course

A free 8 week course focusing on helpful skills for when living on a low income. We look at practical skills such as

- budget building,
- money saving skills,
- how to cook on a budget,
- take care of our physical and mental wellbeing,
- as well as healthy relationships.

The group is a friendly, informal place where we can have fun whilst gaining some vital skills for a better future. We are also able to offer one-to-one coaching to our members, which is an opportunity to focus on any specific areas they would like to make changes in.

Our next course is starting

Wednesday 17th May, 10.30 am - 12 pm,

followed by a free lunch

Whitley Wood Community Centre

Swallowfield Drive,

RG2 8UT.

For further details about the course and to book a place please contact Kate Bond, Christians Against Poverty (CAP) on 07419740693 or email katebond@capuk.org

Our Caversham, Reading Carers Support group

has moved.....

We now meet at

Caversham Heights Methodist Church!

Address:

74 Highmoor Road,
Caversham,
Reading,
RG4 7BG.

The group will run as per usual, Every 1st Mon of the month @ 11:00- 12:30pm.

The next meeting is on the **04.06.18**

Hot drinks/ biscuits are served

Carers Week

Reading

Thursday 14th June 10 am — 1:15 pm

Carers Information session

Guest speakers

- **Solutions4Health**
- **Alzheimer's**
- **British Red Cross**
- **Mindfulness**

Professionals will be on hand to offer Help, advice and guidance.

Venue

**Church of Jesus Christ of Latter Day Saints,
280 The Meadway, Reading, Berkshire, RG30 4PE.**

For More Information Please Call

Carers Hub on 0118 3247333

Friday 15th June 10 am - 1 Pm

Pampering session:

Manicure and Polish
Indian Head massage
Henna Hand Tattoo

Hot drinks and cakes provided.

Carers Hub on 0118 3247333

Carers Week

West Berkshire

Wednesday 13th June 2pm—3:30pm

Picnic tea party (cared for welcome too)

Venue

Frank Hutchings hall,

Thatcham

RG18 4QH

To Book your place Call

Crossroads Care 01635 30008

Thursday 14th June 10am—12pm

Try your hand at Pottery Painting.

Free for Carers

Release your artistic flare on either a plate, bowl or mug.

Everything provided

Held at the Ugly Duckling Newbury

To Book A Place Call

Carers Hub on 0118 3247333

Friday 15th June 1:30 for 2pm

Afternoon Tea.

Free for Carers

Come for an afternoon tea and relax

Location Hungerford.

To Book A Place Call

Carers Hub on 0118 3247333

Friday 21st June Depart 12:45

Traditional style narrowboat trip

(75Minutes) aboard the Jubilee

Free for Carers

Relax with a tea or coffee at a leisurely pace.

To Book A Place Call

Carers Hub on 0118 3247333

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

Please let us know!

Email us at:

ask@berkshirecarershub.org

West Berkshire Diabetes Support Group

Please join us for an opportunity to meet and share experiences with others living with diabetes, as well as providing practical tips to live well with diabetes.

Dates: 2nd Tuesday of each month
2pm to 3pm
April 10th, May 8th, June 12th

Dates 3rd Thursday of each month
6.00pm to 7.00pm
April 19th, May 17th, June 21st

Venue: Methodist Church Hall
Bridge Street, Hungerford RG17 0EH



For more information please contact 01372 720148
email: wbdsgroup@gmail.com

West Berkshire Diabetes Support Group

Please join us for an opportunity to meet and share experiences with others living with diabetes, as well as providing practical tips to live well with diabetes.

Dates: Fridays - 1pm to 3pm
May 11th, June 8th

Venue: Meeting Room 2, West Berkshire Community Hospital, Rookes Way, Thatcham RG18 3AS

Dates Wednesdays 6.30 to 8.00pm
April 18th, May 16th, June 13th

Venue: Sainsbury's Café, Hector Way, Newbury RG14 5AB



For more information please contact 01372 720148
email: wbdsgroup@gmail.com

Are you caring for an adult with mental health problems?

Are You in the Reading area ?

The June Mental Wellbeing Meeting will be held on 26th June at Reading Central Library.

Carers are welcome to go along to the pre-meeting, which is specifically for Carers.

From 1pm to 2pm to discuss their thoughts and any concerns they may have about caring for an adult with mental health problems.

The theme for the main meeting is “bereavement and loss” and there will be representatives from a number of agencies and organisations, such as Reading Borough Council and Reading Voluntary Action as well as service users.

If you are interested in attending the pre-meeting please contact
The Hub on 0118 324 7333 so we can forward your details onto the organisers.

Seated Movement and Music Group

A NEW group will be running for older adults. This is a fully inclusive seated exercise group with a focus on keeping active and staying social. Each session includes around 45-60 minutes of activities such as sing along songs, parachute activities and movement. We then encourage everyone to stay for refreshments and cake, all included in the cost, this is a great way to meet new people. The most important part is to have a laugh and enjoy it!

The sessions will be led by the qualified exercise and dance instructor Gail Borrows who runs several successful groups for older adults across Berkshire. These sessions are suitable for wheelchair users and those with limited mobility. We are looking forward to growing this group and sharing the space with everyone in the community.

Contact Name

Katie Flint

Contact Position

Activities and Development Officer (Creative Support)

Telephone

07794 083862

E-mail

katie.flint@creativesupport.org.uk



Reading Caribbean Cultural Group
proudly presents....

READING CARNIVAL 28.05.2018

Bank Holiday Monday
Prospect Park, Reading
12-7pm

Reading and West Berkshire Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.org

CARERS INFORMTION

EVENING



- Do you care for a family member, friend or neighbour?
- Are you a pastoral visitor in your church?

An opportunity to hear a presentation from the Berkshire Carers Hub here in Reading, followed by refreshments.

EMMANUEL METHODIST CHURCH
MONDAY 21ST MAY AT 7.30PM

The **Methodist Church** 

DEACON MARIA HOWARD

T: 0118 958 3445 E: maria.howard@methodist.org.uk

Reading and West Berkshire Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.org



HELPING CARERS TO GET HEALTHY AND CONNECTED

Do you look after a family member or a friend?

Then come along to

Carers Café

Thursday 14th June – 10am to 1:15pm

**At: The Church of Jesus Christ of Latter Day Saints,
280 The Meadway, Reading, RG30 4PE**

**Offering support, advice and services available to you that could help you in your
caring role.**

Reading and West Berkshire Carers Hub
Call us: 01183247333 Email us ask@berkshirecarershub.org

Reading and West Berkshire Upcoming Support Groups

For further details call 0118 324 7333



Area	When /Where	May	June	July	August
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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	17th	21st	19th	16th	Every 3rd Thurs of the month
Pangbourne	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon -2 pm	2nd	6th	4th	1st	Every 1st Wed of the month
Newbury	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm	24th	28th	26th	23rd	Every 4th Thurs of the month
Hungerford	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	15th	19th	17th	21st	Every 3rd Tues of the month
Reading	Stroke-Whitley Community CAFÉ, 252 Northumberland Av RG2 7QA 10-12pm	3rd	7th	5th	2nd	Every 1st Thurs of the month
Caversham	Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG 11-12:30PM	Bank Holiday	4th	2nd	6th	Every 1st Mon of the month

Groups for carers of people with Mental Health Conditions

Thatcham	Taste of England Pub, Lower Henwick Farm, Thatcham, RG193AP 10am - 12PM	16th	20th	18th	15th	Every 3rd Wed of the month
Thatcham	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	9th	13th	11th	8th	Every 2nd Wed of the month