

Berkshire West Carers Hub

Newsletter

January 2019



Continence training available

See page 2

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

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

Continence training



Topics include:

- healthy bladders and bowels
- continence promotion
- management of incontinence
- Constipation
- Aids and appliances
- Catheter care

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

At: IBIS Hotel, Community Hub, 648– 654, Oxford Road, Reading, RG30 1EH.

Limited places available. Open to carers across all areas (Berkshire West)

To book, please call 0118 324 7333.

Radar Key

What is a Radar key? It is a large, conspicuous, silver-coloured key that opens more than 9,000 accessible toilets in the UK like magic. The loos we're referring to are those with wide entrances and disability symbols on the door, found in public areas, office blocks, pubs or restaurants.



How to get a RADAR key

In order to gain access to a toilet with a RADAR lock you will need a RADAR key. Most local authorities will sell or give you a RADAR key or you can buy one online. If you do buy your RADAR key online you'll be faced with many different websites selling RADAR keys. Many of them claim to be genuine; however, if it is not the official N&C Phlexicare key it is not a RADAR key, according to Disability Rights UK. If you have an older RADAR key it will be completely silver. However, the newer style RADAR keys have a blue heart fob. The problem with buying a key that is not an official RADAR key is that its performance cannot be guaranteed. Therefore, they may not work in all the toilet locks and may even cause some damage. Disability Rights UK also uses proceeds from the N&C RADAR keys to support its charitable initiatives around independent living and providing free information and advice to disabled people throughout the UK.

For more information, call RADAR key National scheme on 0207 250 8181

Email: enquiries@disabilityrightsuk.org

Berkshire West Carers Hub

Call us: 01183247333 Email us ask@berkshirecarershub.org

Charity number: 1051649

New Year resolutions Check List

Ask for help

Caring for someone can be really difficult physically and emotionally. So it's really important that you make the most of people around you who can help.

If family don't live nearby or are unable (or even unwilling) to support you, perhaps there are neighbours who can help out? You won't know until you ask

Look after your health

It's very easy to become so wrapped up in caring for your loved one that you start to neglect your own health. However noble your intentions, this is a flawed strategy because you need to be strong and well to be an effective carer. If your health deteriorates, you won't be able to look after the person you love in the way you want

Make more time for yourself

Booking in regular '**me time**' is vital for ensuring that you stay happy and healthy and therefore an effective carer for your loved one. Make sure you schedule it in.

Find like-minded friends

Loneliness is one of the most painful emotions carers experience, but sadly it's very common. Many carers find they see less and less of their old friends, either because they don't have the time to socialise as much as they used to, or because friends simply don't understand their new role. Join a support group.

Be honest with family and friends

Caring affects everyone in the family – not just you – so don't be afraid to share the load. Relatives and close friends often want to help, but don't know how. A simple phone call, explaining how you feel, might be all it takes to get them onboard, and make you feel less alone.

Samaritans Reading

Samaritans' vision is that fewer people die by suicide. We work to achieve this vision by making it our mission to alleviate emotional distress and reduce the incidence of suicidal feelings and suicidal behaviour.



Email: reading.samaritans@gmail.com

Help-Line: 116123

Talk Back Health Passport for people with learning disabilities in Reading



It is a personal file that you take each time you visit the doctor, hospital or other health professionals so that they can get to know you and provide a service that is right for you.

For more information, please call 01494 434448

Free Country Weekends For Carers

Stay in Honeysuckle Barn at the Renewal Centre in Swallowfield, (RG7 1TJ) from Midday Friday– Midday Monday.

For more information, please call Sally Miller on 0118 9883 242.

Or alternately, email: renewalcentre@hotmail.com

Health Watch Reading



Speaking up for your rights to better health and social care. We provide one-one advocacy to help patients resolve NHS complaints, or to help vulnerable people gain control over their lives.

Call: 0118 937 2295

Email: info@healthwatchreading.co.uk

Remap Berkshire

Custom– made equipment for people with disabilities.

A free service for Berkshire



For more information , contact Robert Monk on 07790 127123. Or alternately, email on Berks.CaseOfficer@remapgroups.org.uk

Carers UK online forum



If you would like to join carers forum to share or ask questions about Dementia, Autism/ Asperger's Syndrome, Learning Disabilities, Mental Health and/or other specific conditions and disabilities.

To join, please visit- <https://www.carersuk.org/how-you-can-help/join-us>

Or for more information, call Carers UK 020 7378 4999

Young Carers services

A young carer as: A child or young person (5-18) who cares for a relative and carries out an inappropriate level of duties around the home or provides emotional or physical support to their parents or siblings.

Reading Young Carers, please contact Kelvin Husbands on 0118 937 3266.

Wokingham Young Carer, Please contact Phillip Hollis/ Josephine Murudzwa on 0118 324 7333.

West Berkshire Young Carers, please call Joe Sutton on 01635 503400.



Would you like to receive the newsletter via email, please contact us on: ask@berkshirecarershub.org

Crossroads Care Wokingham

Wokingham Crossroads 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 on 0118 979 5324 or email contact@wokinghamcrossroads.org

Tel: 0118 979 5324

Email: karen.mustard@wokinghamcrossroads.org

www.wokinghamcrossroads.org



Can Do it Club



Crossroads Care Reading, operating in Theale, provides a caring and enabling place for carers and people with care needs who like to socialise, enjoy activities and outings.

FREE to those 18 years and over and living in Reading. Operating an open referral system, carers can refer themselves to a group.

Call 0118 945 4209
For more information.
www.readingcrossroads.org

Registered charity number 1051649

St Lukes Parish Hall
The Old Rectory,
Englefield Rd, Theale,
Reading RG7 5AS

Opening Times
11.00 to 14.30

Sue Ryder Wokingham Day Hospice

Carers support group

Wednesdays 6pm– 7:30pm

This support group is for carers looking after those with a life limiting conditions.

Refreshments provided.

If you would like to attend, please email rachel.hourigan@suerydercare.org

Sue Ryder

incredible care
for incurable illness

Supported by



Reading Services Guide Online

Welcome to the Reading Services Guide



Online site where you can access:

- Adult and Carers Services
- Family Information Services
- Reading Youth
- Community Directory and Venues
- Disabled Children & Young People
- Local Offer

For more information , please visit: www.reading.gov.uk/servicesguide .. Or call the hub to get a Caring in Reading Guide on 0118 324 7333.



Services in Berkshire Singing for the Brain



Reading

Contact the Reading Office on 0118 959 6482

Calcot - Tuesdays 10.30am – 12 noon at Kennet Valley Free Church, Carters Rise in Fords Farm, Calcot, RG31 7YT. From 8th January – 2nd April.

West Berkshire

Contact the Reading Office on 0118 959 6482

Newbury – Mondays 10.30am – 12 noon at Riverside Centre, Rosemoor Gardens, Clay Hill, Newbury, RG14 2FG. From 7th January – 1st April. Closed 18th February.

Burghfield Common – Alternate

Wokingham & Bracknell

Contact the Sue Hamblin 0118 959 6482

Bracknell – Mondays 10.30am – 12 noon at Langley Hall, Holy Trinity Church, Bracknell, RG12 1HD. From 7th January -1st April. Closed 18th February.

Wokingham – Tuesdays 10.30 am – 12 noon at The Cornerstone, All Saints Church, Norreys Avenue, Wokingham, RG40 1UE. From 8th January – 2nd April. Closed 12th and

For more information, please call **0118 959 6482** (Reading and West Berkshire), **01628 626331** (East Berkshire), email berkshire@alzheimers.org.uk

Dementia Support Service

Our Dementia Support Workers are available to provide information, support and guidance to people affected by dementia either through a visit to your home, over the telephone or meeting in your community.

please call **0118 959 6482** (Reading and West Berkshire), **01628 626331** (East Berkshire), email dswberkshire@alzheimers.org.uk

Help for suicidal thoughts



If you're feeling like you want to die, it's important to tell someone.

Help and support is available right now if you need it. You don't have to struggle with difficult feelings alone.

Phone a helpline

These free helplines are there to help when you're feeling down or desperate.

Unless it says otherwise, they're open 24 hours a day, every day.

- Samaritans – for everyone
Call 116 123
Email jo@samaritans.org
- Campaign Against Living Miserably (CALM) – for men
Call 0800 58 58 58 – 5pm to midnight every day

Information:

- Papyrus – for people under 35
Call **0800 068 41 41** – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm
Text **07786 209697**
Email pat@papyrus-uk.org
- Childline – for children and young people under 19
Call 0800 1111 – the number won't show up on your phone bill
- The Silver Line – for older people
Call 0800 4 70 80 90

Talk to someone you trust

Let family or friends know what's going on for you. They may be able to offer support and help keep you safe.

There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

Who else you can talk to

If you find it difficult to talk to someone you know, you could:

- **call your GP** – ask for an emergency appointment
 - **call 111** out of hours – they will help you find the support and help you need
- contact your mental health crisis team** – if you have one

Carers Stories



Different types of technology can help you and the person you are caring for in many different ways.

Andrew's story

I have been caring for my wife, Sue, for 20 years. She has final stage secondary progressive Multiple Sclerosis.

Sue's blood pressure goes up and down like a yo-yo. I use a blood pressure monitor to keep track of it, and get her treatment when she needs it.

I started using the blood pressure monitor a few years ago when she was given a trial for a blood pressure medication. I wanted to monitor whether it was working and after the trial I proved it wasn't making a difference, so using the monitor has helped reduce the amount of medication Sue takes.

I also use a SAT monitor routinely three or four times a day to measure her oxygen levels. Low oxygen can be an indicator of congestion in the lungs. When this happens I can give her a chest massage to encourage the lungs to expand to help her breathe more easily and make her more comfortable.

Using technology to keep track of her health means that we can manage Sue's condition at home, and get her treated more quickly without necessarily having to visit a GP.

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. 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

For more information, please contact Reading & West Berkshire Carers Hub.

☎: 0118 324 7333

✉: ask@berkshirecarershub.org

Mushroom and leek filo pie



Ingredients

- 50g butter
- Rapeseed oil for frying and brushing
- 2 large onions, finely chopped
- 500g leeks, finely chopped
- 2 garlic cloves, crushed
- 600g mixed mushrooms, finely chopped
- 5ml medium-dry sherry (optional)
- Small bunch fresh tarragon, leaves finely chopped
- 100g mature cheddar, grated
- 1 tbsp dijon mustard
- 3 medium free-range eggs
- 8 filo pastry sheets

You'll also need:

900g (2lb) loaf tin, lined with baking paper that overhangs the sides

Method:

1. In a large frying pan, melt 25g of the butter and a glug of oil until the butter begins to foam. Add the onions and leeks, then fry for 10-15 minutes until softened and starting to caramelise. Add the garlic and cook for 1 minute, then remove with a slotted spoon and set aside on a plate.

2. Melt the rest of the butter in the pan and add another glug of oil, then turn up to a medium-high heat and fry the mushrooms until softened and golden. Return the onion and leek mixture to the pan, pour in the sherry and bubble for a minute, then stir in the tarragon and plenty of seasoning. Set aside to cool completely. Stir in the cheese and mustard once cool.

3. Meanwhile, boil the eggs for 4-5 minutes (depending how runny you like your eggs), then remove with a slotted spoon and put in a bowl of iced water. Once cool, peel and set aside.

4. Heat the oven to 220°C/200°C fan/gas 7. Layer 2 sheets of the filo lengthways in the prepared loaf tin so they overhang the ends, brushing with oil as you work, then layer 5 more filo sheets widthways, also leaving a large overhang on both sides of the tin. Continue to brush each sheet carefully with oil as you work.

Once the tin is completely lined, spoon in half the mushroom filling. Make 3 shallow indentations in the mixture with the back of a tablespoon and put a boiled egg in each one. Cover with the rest of the mushroom mixture, then fold over the overhanging filo pastry. Roughly scrunch up the remaining sheet and use it to top the pie. Brush again with oil, then bake the pie for 30 minutes until the pastry is golden and crisp. Leave the pie to cool in the tin for 5 minutes, then use the overhanging strips of baking paper to lift the pie out onto a board. Serve with glee.

<https://www.deliciousmagazine.co.uk/recipes/mushroom-and-leek-filo-pie/>

Wokingham Outreach

Carer Supports groups



For further details call 0118 324 7333

Area	When / Where	Jan	Feb	March	Of Every Month
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Wokingham	General —The Berkshire, 126 Barkham RD, Wokingham, RG41 2RP, 10-12pm	9th	13th	13th	Every 2nd Wed
Wokingham	Stroke Carers—The Bradbury Centre, Rose Street, Wokingham, Berkshire, RG40 1XS, 10-12pm	10th	14th	14th	Every 2nd Thurs
Wokingham	Alzheimer Cafe -The Bradbury Centre, Rose Street, WOKINGHAM, RG40 1XS. 1.30-3pm	8th and 22nd	5th and 19th	5th and 19th	Every 2 weeks on Tue
Wokingham	*Mental Health— St Pauls Parish Room, Wokingham, Berkshire, RG41 1EH 2-4pm	3rd	7th	7th	Every 1st Thurs

Area	When / Where	Jan	Feb	March	Of Every Month
Wokingham	*Carers Forum- St Pauls Parish Room, Reading Reading Wokingham, Bekrshire, RG41 1EH 10am–12pm	N/R**	N/R**	5th March 7th May	Every 1st Tues of every other month
	Long-term condition carers group—Wokingham hospital 41 Barkham Road, Wokingham, Berkshire, RG41 2RE	15th	N/R**	5th	Every 8 weeks

***NEW VENUE**

****N/R —Not running**

West Berkshire Upcoming Support Groups



For further details call 0118 324 7333

Area	Location / Time	Jan 2019	Feb	March	Of Every Month
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Carers Support Group for carers of people with any disability or illness

Lambourn	Lambourn Memorial Hall, Oxford Street, Lambourn, RG17 8XP. 10-12 pm	17th	21st	21st	Every 3rd Thurs
Pangbourne	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12 noon - 2 pm	Venue and Date to be Confirmed	6th	6th	Every 1st Wed
Newbury	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am - 12pm	24th	28th	28th	Every 4th Thurs
Hungerford	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 am - 12:00 pm	15th	19th	19th	Every 3rd Tues

Carers Support Group for carers of people with all Types Of Mental Health Conditions

Thatcham	Taste of England Pub, Lower Henwick Farm, Thatcham, RG193AP 10am - 12PM	19th	20th	20th	Every 3rd Wed
Thatcham	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	9th	13th	13th	Every 2nd Wed

Reading Upcoming Support Groups

Area	Location / Time	Jan 2019	Feb	March	Of Every Month
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Whitley	Stroke -Whitley Community CAF�, 252 Northumberland Av RG2 7QA (10-12pm)	3rd	7th	7th	Every 1st Thurs
Caversham	General - Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG (11:00- 12:30pm)	7th	4th	4th	Every 1st Mon
Tilehurst	Dementia - Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE (10:30- 12:00pm)	22nd	26th	26th	Every 4th Tues
Whitley Wood	General -Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH (10:00- 12pm)	21st	18th	18th	Every 3rd Mon
Cemetery Junction	General -Palmer Park Library, St Bartholomew's 20 Rd, Reading, RG1 3QB (10:30- 12pm)	23rd	27th	27th	Every 4th Wed