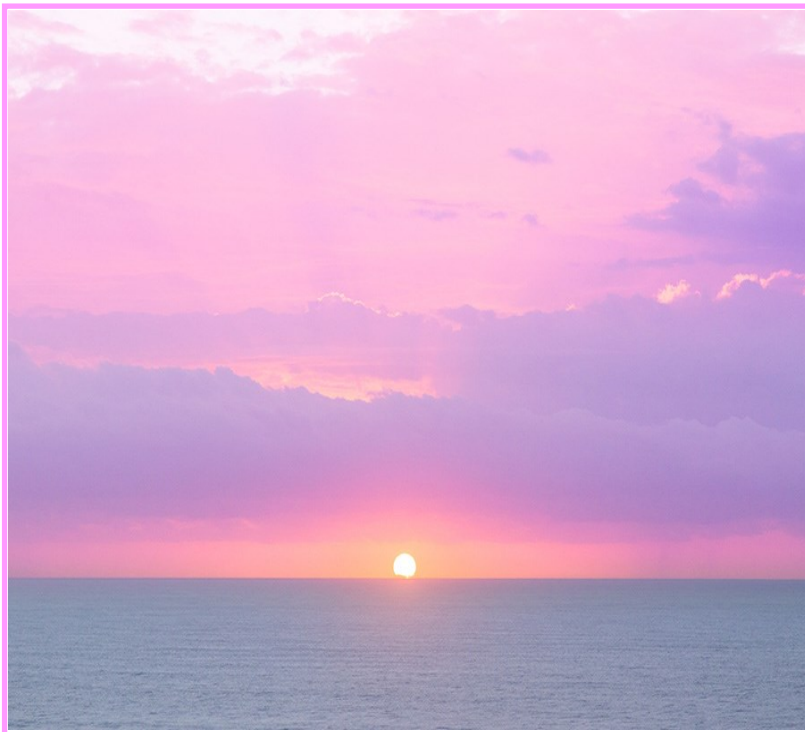


Carers Hub

Reading, West Berkshire and Wokingham

Newsletter

March 2020



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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 Last Two Pages
For Support Groups Near You

***Do You Receive This Newsletter
Directly From Us?***

To arrange a Regular Direct Copy

Contact us on : 0118 324 7333

Or : ask@berkshirecarershub.org

Carers Hub

Call us: 01183247333 Email us ask@berkshirecarershub.org

WHAT'S THE RISK OF CATCHING CORONAVIRUS IN THE UK?

THE UK CHIEF MEDICAL OFFICERS HAVE RAISED THE RISK TO THE PUBLIC FROM LOW TO MODERATE. BUT THE RISK TO INDIVIDUALS REMAINS LOW.

HOW TO AVOID CATCHING OR SPREADING GERMS

There's currently no vaccine for coronavirus.

But there are things you can do to help stop germs like coronavirus spreading.

SYMPTOMS OF CORONAVIRUS

THE MAIN SYMPTOMS OF CORONAVIRUS ARE:

A COUGH

A HIGH TEMPERATURE

SHORTNESS OF BREATH

Call 111 now if you've been:

- to Wuhan or Hubei Province in China in the last 14 days (even if you do not have symptoms)
- to other parts of China, including Macau and Hong Kong, in the last 14 days and have a cough, high temperature or shortness of breath (even if it's mild)
- to Thailand, Japan, Taiwan, Singapore, Republic of Korea or Malaysia in the last 14 days and have a cough, high temperature or shortness of breath (even if it's mild)
- in close contact with someone with confirmed coronavirus

**Do not go to a GP surgery or hospital.
Call 111, stay indoors and avoid close contact with other people.**

Do

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell

Don't

- do not touch your eyes, nose or mouth if your hands are not clean

HOW CORONAVIRUS IS SPREAD

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses spread in cough droplets.

It's highly unlikely coronavirus can be spread through packages from affected countries or through food.

HOW TO ISOLATE YOURSELF IF YOU COULD HAVE CORONAVIRUS

IF THERE'S A CHANCE YOU COULD HAVE CORONAVIRUS, YOU MAY BE ASKED TO ISOLATE YOURSELF THIS MEANS THAT FOR 14 DAYS AFTER RETURNING FROM CHINA OR OTHER SPECIFIED AREAS, YOU SHOULD:STAY AT HOME

- not go to work, school or public areas
 - not use public transport or taxis
 - ask friends, family members or delivery services to carry out errands for you
 - try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food
- While the risk to people in the UK is low, these steps can help reduce the possible spread of infection.



Buy an NHS Prescription Prepayment Certificate

Save money on NHS prescriptions by prepaying for them.

You can pay a set price for prescriptions for 3 or 12 months, no matter how many you need.

A prescription costs £9 per item, but prepaying for an unlimited number of prescriptions is:

£29.10 for 3 months

£104 for 12 months (or 10 Direct Debit instalments of £10.40)

How it works

Information They do not send out plastic cards any more because they take time to reach you. They are also costly to the NHS and the environment.

We can send your certificate details by email, or you can print them at the end of the service.

Show your certificate details when you collect your prescription. You can collect prescriptions straight away, if your start date is today or earlier.

You can apply for one online by using the link below

<https://apps.nhsbsa.nhs.uk/ppc-online/patient.do>



A team of mobile opticians provide a comprehensive eyecare service to those who cannot get to them without assistance. You can benefit from a free NHS-funded eye test, great offers and high standards of care – all from the comfort of your own home.

Book your home visit now. Call 0800 198 1132

CARERS STORY

If you would like to share
your
experience with other carers
please contact

Carers Hub on 0118 324 7333 or ask@berkshirecarershut.org

Dental treatment for people with special needs

Some dentists may be able to treat people with special needs in their surgery. However, some people may not be able to get to their dental practice because of a disability or medical condition. In this case, the dentist should refer the patient to a more specialised dental service. Ask your dentist what is needed for a referral and if it is suitable in your case.

Specialised dental services are commonly provided by community dental services. Community dental services are available in a variety of places to ensure everyone can have access to dental health. These include hospitals, specialist health centres and mobile clinics, as well as home visits or visits in nursing and care homes.

Some hospitals or health centres also help people who need specialist care and may be able to offer treatment under sedation or general anaesthetic.

People who may need community dental services include:

- children with extensive untreated tooth decay who are particularly anxious or uncooperative
- children with physical or learning disabilities or medical conditions
- children referred for specific treatment
- children who are "looked after" or on the "at risk register"
- adults with complex needs who have a proven difficulty in accessing or accepting care in general dental services, including adults with moderate and severe learning and physical disabilities or mental health problems
- adults with medical conditions who need additional dental care
- housebound and homeless people

To find out more about the community dental care available in your area, contact NHS England on 0300 311 2233.



Donations Always Welcome

Reading, Wokingham and West Berkshire carers Hubs are a charity.

We are always grateful for any donations big or small.

Any donations help us put on more of the nice things for carers like **Activities, Events, Trips and Pampering** etc.

If you wish to make a donation please use the form below.

If you are a taxpayer, we can reclaim tax on every donation you make at no extra cost to you using gift aid.

Help keep it local by writing the area would like the donation to be used on the back of the cheque Reading, Wokingham or West Berkshire.

I would like to make a donation of £_____ to reading and west Berkshire carers Hub.

Cheques made payable to Carers Trust East Midlands

I am a UK taxpayer _____ Please tick

Name _____

Address _____

Post Code _____

Please send Cheques to ;

Unit 14 Albury Close

Reading

Berkshire

RG301BD

Charity Registration Number: 1051649

Carers Hub

Call us: 01183247333 Email us ask@berkshirecarershubs.org



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 1st Wed of Each Month

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

Refreshments provided.

Parking- Few Spaces in the church car park.

For further information, please call the hub on 0118 324 7333.

Alternately email ask@berkshirecarershub.org

The Royals Memory Cafe
Fridays—every 4 weeks starting on
Friday 21st February
2.00 pm to 4.00 pm
Players Lounge, Madjeski Stadium
Junction 11 M4 Reading, RG2 0FL



Tea, coffee cakes and biscuits kindly provided by Compass Group Catering and the venue provided by Reading Football club. Meet up, have a chat, reminisce and sometimes be joined by some of Reading Football Clubs legends.
 For more information, call

Age UK Berkshire on 01189 594242



Programme for Winter/Spring

- 5th March—Music and picture quizzes with Mark Bowman
- 19th March—Action on Hearing Loss (formerly RNID)- Understanding Hearing Loss
- 26th March—Raffle and quiz
- 9th April—Games morning with cards, board games and boccia
- 16th April—Museum of English Rural Life (MERL) - Talk and presentation on the museum, its history, its collections and forthcoming events.
- 30th April—Raffle and quiz

No need to book, just turn up
for further information, pop in or contact us on 0118 950 2480

Stroke Association

Caring About Stroke

A support Group for stroke Survivors and their family/Carers

Meeting Dates

Wednesday 11th March 2020

Wednesday 8th April 2020

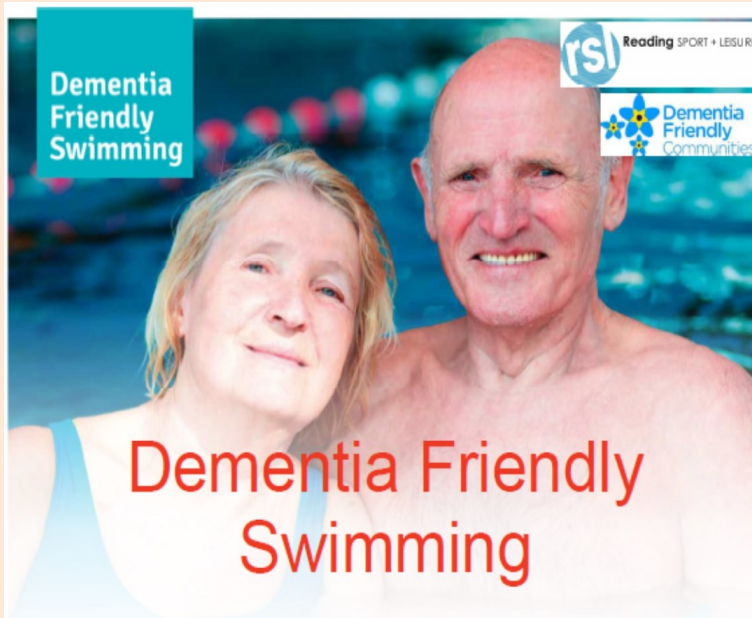
Meetings will be from 1.30-2.30pm

Venue

The Latter-day Saint Chapel
 280 The Meadway
 Tilehurst
 Reading, RG30 4PE

For more information contact
Diane Robson, Liz Halle or Dave Riley
on 0118 321 9349

Dementia Friendly Swimming



If you're living with dementia, or care for someone who does, come and try one of our new Dementia Friendly swimming sessions.

With accessible equipment and facilities, and assistance from specially trained staff, you can relax and enjoy your swim in a safe and supportive environment.

Join us for a session at:

Venue: South Reading Leisure Centre
 Address: Northumberland Avenue, Reading, RG2 8DF
 Contact: 0118 9373399
LAUNCH DATE
Monday 9th March 2020
 Time: 11-12noon
 Tea and Coffee 12-1pm
 Cost: Free
 Usual cost: £4.00 (Carer free)
www.swimming.org/dementiafriendly

We need your help to paint a picture of what it's like to be a carer in 2020. **Take the State of Caring survey** - the UK's most comprehensive research into the lives and experiences of carers. Your evidence will help us to push carers up the agenda for policy makers and to campaign for recognition and change. In the next year we want to bring your voice and experience to the head of decisions about

- Spending on care and support services
- Finance support for carers
- Improving carers' health and wellbeing

To access the survey click on the link below
<https://www.carersuk.org/>



FOR Wokingham Carers ONLY

We are looking to organise a boat trip on the **11th June in Windsor.**

Lunch and Transportation will be provided to Windsor, but places are limited, so first come first serve.

We will need all names by 31st March 2020 to help secure seats in the boat.

Please be mindful that after this date we cannot take anymore names.

If you would like to come please contact the carers hub to book in advance as places are limited.

ask@berkshirecarers.org

0118 324 7333



Fraud, Burglary and Cybercrime Conference 13th March 2020

Civic Offices, Shute End, Wokingham RG40 1BN

- Stalls from 1pm, providing information from key organisations including Wokingham Borough Council, Thames Valley Police, Public Protection Partnership, Royal Berkshire Fire and Rescue, plus many more
- Expert advice on; Cybercrime and Rogue Traders.

Speakers from 1.30pm

Email: peter.slade@wokingham.gov.uk

To book a space or more information contact
Peter Slade:

Tel: 01189 746430

Email: peter.slade@wokingham.gov.uk

If transport is an issue preventing you attending,



Winchcombe Place care home in Newbury



Dementia Cinema

2nd Saturday every month is the dementia cinema and hairdressers. 11am onwards

(Booking essential)

Understanding Dementia

25th March - 2pm – 4pm - Understanding Dementia with Dr Nori Graham - VP of the Alzheimer's Society

For any info on the above please contact

vicki.lambourne@careuk.com

03333054864

Winchcombe Place

Maple Crescent

Newbury

RG14 1LN

Thames Water Priority Service

Thames Water offers a Priority Service to customers who find themselves in vulnerable circumstances. By registering for this service Thames Water aim to provide free support in the unlikely event you have no water, by prioritising the most vulnerable first.



Thames Water will tailor their communication to meet your needs, giving you peace of mind at a time when you need it most. The Carers' Hub is working with Thames Water to encourage our members to register by filling in the form and sending it back free of charge.

For more information visit: www.thameswater.co.uk/priorityservices or call the Extra care Team on 0800 0093652 option 3.

You can also email ecs@thameswater.co.uk. Financial support is also available to you, for more information search 'help paying your bill' on the Thames Water website.

Please find attached priority service leaflet with newsletter. Or carers that are on email, please call the hub on 0118 324 7333 and request a form.

Miso cod with crunchy mixed seed and nut



PREP TIME : 15 MIN

COOK TIME : 35 MIN

Ingredients

- 3 sweet potatoes (about 600g), cut into 3cm chunks
- 3 beetroot, peeled and cut into 2cm chunks
- 2 red onions, finely sliced
- 1 tbsp olive oil
- 2 tbsp white miso paste (from Tesco, Waitrose and Ocado)
- 2 x 260g sustainable skinless and boneless cod loins
- 3 tsp runny honey
- 50g mixed seeds
- 50g mixed nuts
- 1 tbsp soy sauce

Method

- Heat the oven to 220°C/200°C fan/gas 7. Put the sweet potatoes, beetroot and onions on a large roasting tray and drizzle with the oil. Season, then roast for 30 minutes.
- Meanwhile, cut a piece of foil large enough to generously wrap the cod loins. Spread each cod loin with a teaspoon of the miso paste, then put on top of the foil. Drizzle 1 tsp honey over each, then wrap the fish in the foil to form a parcel, folding the edges to seal so there are no gaps for steam to escape. After the vegetables have been roasting for 20 minutes, toss with a spatula, then add the cod parcel to the tray and return to the oven for 10 minutes.
- Heat a non-stick frying pan over a medium heat, then add the seeds and nuts. Gently toast for 2-3 minutes, then add the rest of the honey and miso along with the soy sauce. Gently cook and stir the mixed seeds/nuts for a minute until sticky, then leave to cool.
- After 10 minutes unwrap the fish parcel, turn the oven to a medium grill, then cook for a further 3-5 minutes until everything is cooked through and the fish is golden. Serve the fish and veg topped with the sticky toast-ed seed/nut mix with steamed green beans, if you like.

Wokingham Upcoming Support Groups

For further details call 0118 324 7333



For further details call the hub : 0118 324 7333

When/Where	Mar	April	May	Every Month
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Genral Group - The Bradbury Centre Rose StreetT				Every 2nd
Wokingham RG40 1XS 10-12pm	11th	8th		Wednesday
Stroke Carers Group - The Bradbury Centre Rose				Every 2nd
Street Wokingham RG40 1XS 10-12pm	12th	9th	14th	Thursday
Alzheimers Café - The Bradbury Centre Rose				Every Mth
Street Wokingham RG40 1XS 1-2.30pm	31st		12th	Tuesday
Carers Forum - St Pauls Parish Rooms Reading				Every two Mths
Road Wokingham RG41 1EH 10-12pm	3rd		5th	Tuesday
Long Term Conditions Carers Group - Wokingham				Every 8 wks
Hospital 41 Barkham Road RG41 2RE 6-7.30pm	31st		5th	Wednesday
NEW Parent Carers Group - Our House Toutley				Term Time ONLY
Road Wokingham RG41 1AN 9.30-11.30am	8th	3rd	15th	Friday every 4 wks

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@berkshirecarershub.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 putting on practical training like, First Aid, moving and positioning

These will be advertised in the newsletters.

Sorry for any inconvenience this may cause.

Regards

The Team

Reading, West Berkshire and Wokingham Carers Hub



West Berkshire Upcoming Support Groups

For further details call 0118 324 7333



Area	When /Where	Mar	Apr	May
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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	19th	16th	21st	Every 3rd Thurs of the month
Pangbourne	Pangbourne Small Village Hall, Station Road, Pangbourne, RG8 7DY. 12—2 pm	4th	1st	6th	Every 1st Wed of the month
Newbury	Winchcombe Place, Maple Crescent, Newbury RG14 1LN 10am -12pm	26th	23rd	28th	Every 4th Thurs of the month
Hungerford	Hungerford Community Fire Station, Church Street, Hungerford. RG170JG 10:30 -12:00	17th	21st	19th	Every 3rd Tues of the month

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

Thatcham	Taste of England Pub, Lower Henwick Farm, Thatcham, RG19 3AP 10am - 12pm	18th	15th	20th	Every 3rd Wed of the month
Thatcham	Hillcroft House, Rooke's Way, Thatcham, RG18 3HR. 6:30 pm - 8:30 pm	11th	8th	13th	Every 2nd Wed of the month

Reading Upcoming Support Groups

Area	When /Where	Mar	Apr	May	
Whitley	Stroke - Whitley Community Café, The Hub, 252 Northumberland Av. RG2 7QA 10-12pm	5th	2nd	7th	Every 1st Thurs of the month
Caversham	General- Caversham Heights Methodist Church, 74 Highmoor Road, Caversham, Reading, RG4 7BG 11- 12:30pm	2nd	6th	4th	Every 1st Mon of the month
Tilehurst	Dementia- Emmanuel's Methodist Church, 448 Oxford Roads, Reading, Berkshire, RG30 1EE 10:30- 12:00pm	17th	21st	19th	Every 3rd Tues of the month
Whitley Wood	General- Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UH 10- 12pm	31st	28th	26th	Every Last Tues