

Don't miss
Carers Week
events -
pages 2- 3



**Carers
Partnership**
Reading & West Berkshire

New service for unpaid family carers

INFORMATION, advice and support services for family carers in Reading and West Berkshire is now provided by the Reading and West Berkshire Carers Partnership.

The partnership consists of Reading Mencap, Age UK Berkshire, Age UK Reading and CommuniCare.

Between us we offer information, advice and support to people throughout Reading and West Berkshire who are caring for a child or adult family member, partner or friend who needs help because of their illness, frailty, disability, a mental health condition or an addiction and who cannot cope without their support.

This service is commissioned by Reading Borough Council and was previously provided by TuVida. The service is providing:

- Carers Assessments for Reading based Carers
- Emergency Plans & Carer's Cards
- Information and Advice
- Support Groups for Carers
- Supporting carers to get help in their caring role.

Carer [noun]

/ˈkeərə(r)

- [1] Cares (unpaid) for family or friends who have a disability, illness or who need support in later life:
Washing them. And their laundry. And their dishes.
Keeping appointments. And records. And tempers.
Giving medicine. And time. And hugs.
Filling forms. And fridges. And silences.
Dealing with doctors. And nurses. And pharmacists.
And social workers. And benefits agencies.
And care workers. And a lack of sleep.

- [2] Needs support to manage a life of their own.

Who to contact for support



The local voice of learning disability

If you are caring for a child or adult with a learning disability in Reading, please contact Reading Mencap for information, advice and Carer's Assessments.

Call 0118 926 3600 or email carers@readingmencap.org.uk



If you are caring for an adult over the age of 50 in Reading, please contact Age UK Reading for information, advice and Carer's Assessments.

Call 07716 418 941 or email carers@ageukreading.org.uk



If you are caring for an adult over the age of 50 who lives in West Berkshire, please contact Age UK Berkshire .

Call 0118 959 4242 or email info@ageukberkshire.org.uk



CommuniCare is supporting all other carers in Reading and West Berkshire (if you are caring for someone under 50 who doesn't have a learning disability CommuniCare will offer Carers' Assessments).
Call 0118 926 3941 or email office@communicare.org.uk

We're supporting Carers Week!



5-11 June 2023

Pampering, pottery and legal advice

What will you choose during Carers Week?

MONDAY

Mad Hatters Pottery Cafe

Date: Monday 5 June

Time: 12 noon - 1.30pm

Venue: Mad Hatters Pottery Cafe, School Road, Tilehurst RG31 5AX

Celebrate Carers Week in a tea party atmosphere while getting creative at Mad Hatters Pottery Studio.

We will be creating our pottery masterpieces and then enjoying a cup of tea or coffee and a cake.

Thanks to the John Sykes Foundation, this is free to carers. To book a space, please email communications@readingmencap.org.uk or call 0118 966 2518.



TUESDAY

Hair styling at Reading College

Date: Tuesday 6 June

Time: 3.15pm

Venue: The Salon, Reading College, Kings Road, Reading RG1 4HJ

We are delighted to have teamed up with hair and beauty students at Reading College who are kindly offering complimentary cut and blow dries to local carers to celebrate Carers Week.

Body, neck, back & shoulder massages

Date: Tuesday 6 June

Time: 5.15pm or 6.30pm

Venue: The Salon, Reading College, Kings Road, Reading RG1 4HJ

Beauty students at Reading College who are kindly offering complimentary full body or neck, back and shoulders massages.

Appointments for neck, back and shoulder massages (30 minutes) are available at 5.15pm.

Appointments for a full body massage (1 hour) are available at 6.30pm. To book a place please email communications@readingmencap.org.uk or call 0118 966 2518. Please indicate which treatment you would like to book.

Carers Week

WEDNESDAY

Information & advice drop-in

Date: Wednesday 7 June

Time: 10am - 2pm

Venue: Broad Street Mall, Reading RG1 7QF

Come and join us in Broad Street Mall and find out about services that can support you in your role as a carer.

In attendance will be:

- Reading Mencap
- Age UK Reading
- Autism Berkshire
- CommuniCare
- Royal Berkshire Hospital - carers services
- Reading Community Welfare Rights
- Citizens Advice Reading
- Change, Grow, Live, Drug & Alcohol Service
- ACRE Alafia
- Age UK Berkshire
- Reading Borough Council - public health.

THURSDAY

Manicure, pedicure or facial treatments at Reading College

Date: Thursday 8 June

Time: 9.30am or 10.45am

Venue: The Salon, Reading College, Kings Road, Reading

Take some time off for yourself and enjoy a manicure, pedicure or facial in the college's training salon.

Appointments for 1 hour treatments are available at 9.30am and 10.45am.

To book a place please email Reading Mencap on communications@readingmencap.org.uk or call 0118 966 2518.

Please indicate which treatment you would like to book and which time you would prefer.



Mad Hatters pottery session

Date: Wednesday 7 June

Time: 7 - 9pm

Venue: Brock Barracks, Oxford Road, Reading

Come and join us for an evening of creativity and chat!

We've hired a takeaway set of pottery, paints, brushes and other goodies from Mad Hatters and will be taking them to a venue at Brock Barracks, Oxford Road, Reading RG30 1HW.

Once we've finished creating our ceramic masterpieces we'll enjoy a light buffet.

Thanks to the John Sykes Foundation, this is free to carers.

To book a space, please email communications@readingmencap.org.uk or call 0118 966 2518.

FRIDAY

Meet your local solicitor

Date: Friday 9 June

Time: 11am - 3pm

Venue: The Biscuit Tin Room, The Biscuit Factory, Queens Walk, Reading RG1 7QE

Future planning for the whole family with Dexter Montague

Free presentation, Q&A session and 1:1 slots with a qualified solicitor

Does someone in your family have a disability?

Do you have questions about Wills, Trusts, Care Costs, Powers of Attorney or other legal matters?

We are excited to welcome Ruth Bailey from Dexter Montague Solicitors who specialises in advising people with disabilities and their families. Ruth has extensive experience in court of protection matters, wills, taxation, and inheritance alongside a particular interest in capacity, clear communication, person centred lifetime planning and specialist trusts.

To register and/or book a 1:1 slot between 12 noon and 3pm, please use our online registration form <https://forms.office.com/e/LfkPY3pJ0M> or call 0118 966 2518. Free tea, coffee and cake!

How we can help

Ask us for a Carer's Assessment

A CARER'S Assessment gives you the opportunity to talk about your needs as a carer and what would help you with your caring responsibilities. It is a legal right under the Care Act.

It will include:

- Tasks undertaken and time involved
- Difficulties encountered in caring
- How you feel about your caring role
- How you are coping with the level of care you are providing
- What impact caring is having on your health and well-being, employment, study and leisure interests
- What help and support would improve matters.

You should think of an assessment as your chance to tell social services about the sorts of things that would make caring easier for you.

It may be helpful to think about the sorts of tasks undertaken for the person you care for, such as:

- Help with dressing, washing, shopping, banking, medication
- How it's affecting your relationships with other people
- If the person you care for is getting enough help
- If you are getting enough or any time to yourself to take a break or enjoy a hobby or leisure activity
- If caring is having an impact on your own health.

A Carer's Assessment is not a test and there are no right or wrong answers. It gives you the opportunity to reflect upon how caring affects your life and how your needs may be met by social services or other support agencies.


Carer's Personal Budget

IF YOU meet the eligibility criteria set out in the Care Act and if you have identified things you would like to buy to help you in your caring role, Reading Borough Council may offer you a Carer's Personal Budget.

In the past carers have used a Personal Budget to pay for services that help them in their caring role such as employing a cleaner or they have used it to fund a hobby to enhance their wellbeing.






Carer's Card and Emergency Plan



Carer's Card

Dee Example

I am a Carer. Someone vulnerable depends on me.
Please see overleaf.





In an emergency, please contact 0118 123 4567

Out-of-hours emergency no: 01344 351 999

Card issued by:
Reading Mencap, part of the Reading & West Berkshire Carers Partnership. Visit <https://carerspartnership.org.uk/>

Issue no: RM001. Date: 8/11/2022. Tel: 0118 966 2518.
Charity no: 1118287.

IF YOU care for a family member or friend, you will need a Carer's Card.

A Carer's Card helps to make others aware that someone vulnerable is dependent upon you. This card is an important part of making an Emergency Plan.

The cards are available from the Reading & West Berkshire Carers Partnership.

The Carers Partnership can help you create an 'emergency plan' setting out who should be contacted if you become unwell, delayed or involved in an accident and emergency support is needed for the person you care for.

Details of the person you have nominated in the event of an emergency will be added to the card.