

Tü Vida

Supporting your life

Newsletter October 2022



Reading & West Berkshire
Carers Hub



Wokingham
Outreach Carers Service



As a mark of respect, following the passing of Her Majesty Queen Elizabeth II we put our newsletter on hold whilst the nation was in mourning. This means there was no September newsletter. We hope you find this newsletter useful.

To unsubscribe, if you no longer wish to receive our monthly newsletters Email us on 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





We would like to take this opportunity to offer our condolences regarding the death of Her Majesty the Queen Elizabeth II.

If you have been affected by the Queen's death and need someone to talk too, please do not hesitate getting in touch with the hub.



Do you provide care

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



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

Wokingham Carers Support Groups

General Support Group

2nd Wednesday of every month, 10am - 12noon

The Bradbury Community Centre, Rose Street, Wokingham, RG40 1XS.

Stroke Carers Group

4th Thursday of every month, 10am -12noon

The Wade Day Centre, 40 Reading Road, Wokingham, RG41 1EH

Alzheimer's Carers Group

2nd Tuesday of every month, 12pm -1.30pm

Bradley Community Centre , Rose Street, Wokingham, RG40 1EH

(need to book through Claire - 07954 220626)

Mental Health Support Group

1st Wednesday of every month 1.30pm to 3pm

The Cornerstone (De Vitre Room), Norreys Ave, RG40 1UE



For more information on all our
support groups.

Call Charlotte on **0118 324 7333**

Or email **Berkshire@tuvida.org**

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

Reading Carers Support Groups

General support group

1st Monday of every month 11am - 12.30pm

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

Dementia Carers Group

3rd Tuesday of every month 10.30am -12noon

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

Stroke Carers Group

1st & 3rd Thursday of every 10am -12noon

Whitley Community Café, The hub252, Northumberland Avenue, Read-
ing, RG2 7QA

Stroke Carers Group

2nd Thursday of every month 2pm—4pm

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



For more information on all our
support groups.

Call Adrienne on **0118 324 7333**

Or email berkshire@tuvida.org

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

West Berkshire Carers Support Groups

General Carers Group

4th Monday of every month, 10am -12noon

Hungerford Library, Church Street, Hungerford, West Berkshire, RG17 0TG

Mental Health Carers Group

1st Monday of every month, 10am - 12noon

Calcot Main Hall, Highview, West Berkshire, RG31 4XD

General Carers Support Group

2nd Monday of every month, 10am -12noon

Calcot Main Hall, Highview, West Berkshire, RG31 4XD

General Carers Support Group

3rd Tuesday of every month, 10am -12noon

**Riverside Community Centre, Rosemoor Gardens, Newbury
West Berkshire RG14 2FG**



For more information on all our support groups.

Call Steve on 0118 324 7333

Or email berkshire@tuvida.org

Tu Vida

Supporting your life in Berkshire



Are you an unpaid Carer?

Would you like to Try Something New?

Our Try Something New service provides unpaid carers in Wokingham with the opportunity to try new experiences or pursue hobbies and pastimes by funding equipment and lessons.

Try Something New supports you to make time for yourself, to enjoy the things you love, improve your wellbeing and increase your confidence.



WOKINGHAM
BOROUGH COUNCIL

A Network Partner of
CARERS
TRUST

0118 945 4209

Wokingham@Tuvida.org

Herbert Protocol for people with dementia at risk of going missing

People with dementia can sometimes start to wander. This might only be into the garden or street for a short time, but sometimes people get lost and go missing.

Carers, family or friends of a vulnerable person, or the person themselves, can fill in a Herbert Protocol form in advance, containing information to help the police if the person goes missing.

See the link below to download a copy of the form.

<https://www.met.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol/>

Drop in Sessions

Every Thursday from 10.30 -2.00pm

**from Monday 17th October every Monday from 10.30
- 2.00pm**

**Waterford House, Charity & Community Hub,
Erftstadt Ct, Denmark St, Wokingham RG40 2YF**

**No need to book,
just come along for a chat**

CAREFREE BREAKS

berkshire@tuvida.org

Free accommodation for unpaid carers!!

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.

How it works

Thanks to the generosity of Carefree's Hospitality Partners, full-time unpaid carers can access short breaks at minimal cost for some much needed time off.

There are two options available :

HOTEL Break: 1-3 night stay with 1 companion (adult or child), in a Twin or Double room with Breakfast included.

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

TuVida Berkshire Carers Hub are registered referrers with Carefree and can make a referral on your behalf to access this amazing offer.

There are no charges for the accommodation but you are responsible for all other costs (transport, food, travel insurance etc.) and there's a £25 Carefree admin fee.

To qualify for this amazing offer 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.)

If you are interested please call us on **0118 324 7333** or email berkshire@tuvida.org

Please note: only one carer per household can sign up with Carefree, so for example 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). If you have any questions or want to know more please call us on 0118 324 7333

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 an 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

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 the 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**

Age UK Berkshire

Reading Dementia Walks

Up-coming date: 22nd September, starting at 10am

Please contact Age UK Berkshire for more information and other dates:

Victoria Rowland

Victoria.Rowland@AgeUKBerkshire.org.uk or call 0118 959



New
Starting
28th September
2022

Dementia Cafe & Carers Support

Join us for fun, friendship,
refreshments and conversation at our
new cafe in Lambourn.

£2.50
per person

4th
Wednesday
of each month

10:30 - 12:00

**Memorial Hall,
Oxford Street,
Lambourn, RG17 8XP**

To book please contact;
Victoria.Rowland@AgeUKBerkshire.org.uk
0118 959 4242

A circular inset image showing a white cup of coffee with latte art, a wooden spoon, and some biscuits on a saucer.

RACINGWELFARE
SUPPORTING RACING'S PEOPLE



NHS
Berkshire Healthcare
NHS Foundation Trust



AMPARO


support following suicide

Amparo provides emotional and practical support for **anybody** who has felt the impact of suicide.

Our Locations:

- ✿ Coventry and Warwickshire
- ✿ Lancashire
- ✿ Kent and Medway
- ✿ Hampshire, Southampton, Portsmouth and IOW
- ✿ Cheshire and Merseyside
- ✿ South Yorkshire
- ✿ Thames Valley

0330 088 9255



Our experienced Liaison Workers will listen and help you to access any support you need, whilst helping with a range of practical matters such as:

- ✿ Liaising with police and coroners
- ✿ Helping with media enquiries
- ✿ Preparing for and attending inquest
- ✿ Finding other, appropriate, local support services
- ✿ One-to-one support at a time and pace that suits you, for as long as you need it

0330 088 9255

amparo.service@listening-ear.co.uk

www.amparo.org.uk



Older People's Day 2022 on Friday 30th September!

Time Table

Information tables - TuVida, Mencap, RBC, and many more

Event start time 10am – introductory remarks by The
Mayor of Reading

Seated Yoga-IRDC 10:30pm 10:45am

Hand Bells-U3A 12:15pm 12:45pm

Physio session-RBH 1pm 1:30pm

Firtree-50 year 1:30pm 2:00pm

Seated Exercise-GBA 2:15pm 2:45pm

Dementia Friends sessions

(Age UK Berkshire)

Dementia Bus

(outside on Hosier Street) 10:00am 3:00pm

RVA IT Cyber Security 10:30am 12:30pm

Abbey Ruins Walk (Reading Museum) 11am 12pm

Closing time 3pm

At Broad Street Mall, Reading



In Partnership with Wokingham Borough Council CAN Network & Places Leisure

Local Offer Live 2022

Family Information Day for those in Wokingham Borough with a child or young person 0-25 years with any Special Educational Needs and/or Disabilities

Saturday 8th October 11am – 3pm

at St Crispin's Leisure Centre, London Road,
Wokingham, RG40 1SR

- **Information/Advice Stalls**
- **Berkshire Reptile Encounters**
- **Circus Skills** • **Face Painting**
- **Tea/coffee/squash/cake**

**Book your FREE ticket on Eventbrite:
Wokingham Local Offer Live 2022**



For more information email:
info@sendvoiceswokingham.org.uk

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
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), 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 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 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

Email 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

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

**CROSS
ROADS
CARE**

West Berkshire

