

Carers Hub

Reading, West Berkshire and Wokingham

Newsletter

April 2020



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**All Support Groups
have been Suspended
Until further notice.**

**However we are
looking at other ways
we can do the support
groups online.**

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

To arrange a Regular Direct Copy

Contact us on : 0118 324 7333

Or : ask@berkshirecarershub.org

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

HOW TO AVOID CATCHING OR SPREADING GERMS! THERE'S CURRENTLY NO VACCINE FOR CORONAVIRUS.

STAY AT HOME UNLESS YOU NEED TO GO SHOPPING, GET MEDICATION OR IF YOU ARE A KEY WORKER AND NEED TO GO TO WORK.

SYMPTOMS OF CORONAVIRUS

THE MAIN SYMPTOMS OF CORONAVIRUS ARE:
A COUGH
HIGH TEMPERATURE
SHORTNESS OF BREATH

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
- Keep 2 meter away from people when out and about
- Stay at home unless you have to leave the house
- Only go out for short walks, exercise and to walk the dog ONCE A DAY

Don't

- Do not touch your eyes, nose or mouth if your hands are not clean
- Do not have any gatherings with anyone who you do not live with

Call 111 now if you've been:

- to Wuhan or Hubei Province in China (even if you do not have symptoms)
- to other parts of China, including Macau and Hong Kong 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 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.

Tell 111 about any recent travel and any symptoms you have. if

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 and stay at home
- not use public transport or taxis
- ask friends, family members or delivery services to carry out errands for you
- You must avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food



Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.

FULL LIST AVAILABLE AT

[HTTPS://WWW.NHS.UK/CONDITIONS/STRESS-ANXIETY-DEPRESSION/MENTAL-HEALTH-HELPLINES/](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)

ANXIETY UK

CHARITY PROVIDING SUPPORT IF YOU HAVE BEEN DIAGNOSED WITH AN ANXIETY CONDITION.

PHONE: 03444 775 774 (MONDAY TO FRIDAY, 9.30AM TO 5.30PM)

B,H WEBSITE: WWW.ANXIETYUK.ORG.UK

BIPOLAR UK

A CHARITY HELPING PEOPLE LIVING WITH MANIC DEPRESSION OR BIPOLAR

DISORDER.WEBSITE: WWW.BIPOLARUK.ORG.UK

MENTAL HEALTH FOUNDATION

PROVIDES INFORMATION AND SUPPORT FOR ANYONE WITH MENTAL HEALTH PROBLEMS OR LEARNING DISABILITIES.WEBSITE: WWW.MENTALHEALTH.ORG.UK

MIND

PROMOTES THE VIEWS AND NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS.

PHONE: 0300 123 3393 (MONDAY TO FRIDAY, 9AM TO 6PM) WEBSITE: WWW.MIND.ORG.UK

RETHINK MENTAL ILLNESS

SUPPORT AND ADVICE FOR PEOPLE LIVING WITH MENTAL ILLNESS.

PHONE: 0300 5000 927 (MONDAY TO FRIDAY, 9.30AM TO 4PM) WEBSITE: WWW.RETHINK.ORG

SAMARITANS

CONFIDENTIAL SUPPORT FOR PEOPLE EXPERIENCING FEELINGS OF DISTRESS OR DESPAIR.

PHONE: 116 123 (FREE 24-HOUR HELPLINE) WEBSITE: WWW.SAMARITANS.ORG.UK

SANE

EMOTIONAL SUPPORT, INFORMATION AND GUIDANCE FOR PEOPLE AFFECTED BY MENTAL ILLNESS, THEIR FAMILIES AND CARERS. **SANELINE:** 0300 304 7000 (DAILY, 4.30PM TO 10.30PM)

TEXTCARE: COMFORT AND CARE VIA TEXT MESSAGE, SENT WHEN THE PERSON NEEDS IT MOST: WWW.SANE.ORG.UK/TEXTCARE

REFUGE

ADVICE ON DEALING WITH DOMESTIC VIOLENCE. PHONE: 0808 2000 247 (24-HOUR HELPLINE)

WEBSITE: WWW.REFUGE.ORG.UK

ALCOHOLICS ANONYMOUS

PHONE: 0800 917 7650 (24-HOUR HELPLINE) WEBSITE: WWW.ALCOHOLICS-ANONYMOUS.ORG.UK

BEREAVEMENT

CRUSE BEREAVEMENT CARE

PHONE: 0808 808 1677 (MONDAY TO FRIDAY, 9AM TO 5PM)WEBSITE: WWW.CRUSE.ORG.UK

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

Stroke Association

If you're a stroke survivor or you care for someone who's had a stroke, you can follow our updates about Coronavirus on our website:

<https://www.stroke.org.uk/news/coronavirus-covid-19-information-people-affected-stroke>

We have put together this information on stroke and coronavirus (COVID-19) in partnership with NHS England.

It is for all stroke survivors in the UK.

The Stroke Association can support you with information and advice on stroke. Call our **Helpline on 0303 3033 100**.

If you need medical advice about coronavirus, please visit the

[NHS Coronavirus webpage](#)



What to do if someone dies

Bereavement Advice Centre

#



There are many practical issues to manage when someone dies. Bereavement Advice Centre supports and advises people on what they need to do after a death.

Call freephone 0800 634 9494

Step by step checklist

Introduction

This is a simple checklist which you may find useful as a reminder of what needs to be done after someone has died.

Some of the arrangements will need to be done by the executor or administrator of the estate and others can be done by family or friends.

Please remember that this information is just a guide.

- **Government offices**

Pensions Service or Jobcentre Plus to cancel any benefits to the deceased or their carer. To find out more, you can call us for advice and contact details on: 0800 258 5556

Inland Revenue to deal with tax and Child Benefit payments (if applicable).

Local government offices that provide services such as the Electoral Register, housing benefit, council tax office, bus pass, disabled parking permits, library membership.

The DVLA and the insurance company if the deceased owned a car or held a driving licence

The Passport Agency.

- **Registering the death**

Contact the doctor (GP) or hospital about obtaining the Medical Certificate of Cause of Death
OR Contact the coroner's office to find out when you may be able to register the death.

Telephone the Registrar of Births and Deaths to make an appointment to register the death.

Complete the Notification or Registration of Death (BD8) form that you were given by the Registrar of Deaths. This will inform every department using the National Insurance number of the death, but it is advisable to telephone appropriate pensions, benefits and tax offices as soon as possible to avoid inadvertent over-payment of pensions/benefits.

- **Arranging the funeral**

Contact a funeral director to discuss the arrangements you want to make for the funeral and your religious or spiritual adviser, if appropriate. The Will may contain specific requests for the funeral, so it is important to check this.

- **Who you need to inform**

Tell family members and friends about the death.

Employer or educational establishments

Health professionals. You will also need to cancel any outstanding hospital, dental, podiatry or

Agencies providing care such as social services, home carers, meals on wheels and day centres

- **Financial Organisations**

Banks / National Savings / building societies.

Pension providers.

Credit card/store card providers.

Any other financial institutions must be informed so that any accounts solely in the deceased's name can be frozen to prevent fraud. You should also inform companies /organisations with joint accounts, although these should normally still be accessible by the other joint holder

- **Property and utilities**

Mortgage provider.

If the deceased lived in rented accommodation, inform the local authority, housing association or private landlord.

Buildings and property insurance companies to ensure continued cover especially if the property is left unoccupied

Utility companies (electricity, gas, water and telephone) and arrange transfer of account details if necessary

TV / internet companies.



Following the announcement by the Prime Minister on 16 March 2020 the YPWD board of trustees has made the decision to suspend workshop activities.

The charity will maintain contact with everyone through Facebook, by email and by text message to keep you up to date as to what may change going forward.

YPWD would like to thank you for bearing with us during this very challenging time and we hope to be back up and running as soon as we possibly can.

YPWD Team



A partnership between Reading Borough Council and Reading voluntary and community groups

- the phone number is 0808189 4325
- the line is open from 9.00 - 5.00, Monday to Friday
- It also opened on Saturday, from 9.00 - 1.00 and the plan is to open it for those hours every Saturday and Sunday.

People are asked to contact the Hub if they have urgent welfare needs that a family member or trusted friend cannot help them with.

Let's stay connected

Advice for residents during Coronavirus (Covid-19) Pandemic

In West Berkshire we have strong, resilient communities ready to look after those who need it during this uncertain time. At West Berkshire

Council we are also working hard to look after our residents and communities.

This leaflet gives you some information which will help keep you safe and tells you about help which is available from West Berkshire Council and elsewhere in the District.

Many people will already have family, friends and neighbours who can help them if they have to stay at home for prolonged periods. We also know there are some fantastic charities and community groups doing amazing work

However, we also know there are some people who are not so lucky and we are there for those residents who



Community Support Hub

We've set up a Community Support Hub to assist those people who don't have anywhere else to turn to for help. If you need help please email the team at

westberksbct@westberks.gov.uk or call them on 01635 503579

Mon – Thu 8.30am to 5pm Fri-Sun 8.30am to 4.30pm

The Community Support Hub is working with local community groups to match people who need help and support with those best able to provide it. The Hub can also help those people who want to volunteer in their community but don't know where to begin. If you want to volunteer, and it's safe to do so, please get in touch with the Hub.

Stay up to date with national advice.

Stay at home this is what everyone should be doing now and only leaving the house for the four specific reasons given (shopping for basic needs, one form of exercise a day alone or with a household member only but still keeping a distance of 2 metres from others, a medical need, travelling to/from work but only if essential and you can't work from home).

Stay away from others (social distancing) keep at least two metres away from each other.

Self-isolate don't leave the house at all if someone in your home has symptoms. If you have symptoms of Coronavirus, you'll need to self-isolate for 7 days. If you live with someone who has symptoms, you'll need to self-isolate for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear.

Shielding if you have been told by the NHS you are vulnerable you should stay at home for at least 12 weeks from the day you receive your letter.

Stay connected keep in touch with family and friends as best as you can via email, social media, phone calls,

Financial Support

For some people the changes being made will make it harder to pay bills. There is help available for both residents and businesses in the event of financial hardship,

such as help with Council Tax payments and Business Rate relief If you need to speak to someone about this please email: customerservices@westberks.gov.uk or call us on **01635 551111**

Mon – Thu 8.30am – 5pm Fri – 8.30am – 4.30pm

Avoiding Scams

Unfortunately some people will seek to take advantage of the lonely and vulnerable at times like these. Please report any suspicious activity to Thames Valley Police on

Useful links

You can find local and national advice online – these websites below provide a good source of information about staying

NHS 111

use this dedicated online site to check if you have coronavirus symptoms.

www.111.nhs.uk/covid-19

NHS

Information about coronavirus.

www.nhs.uk/coronavirus

West Berkshire Council

a dedicated page updating you on any Council services which are affected for residents and businesses.

www.westberks.gov.uk/coronavirus



West Berkshire Community Support Hub

<https://info.westberks.gov.uk/coronavirus-communityhub>

Keep in Touch

www.westberks.gov.uk

@westberkshire @westberkshire @westberkshire

Gov.UK

stay up to date with national advice and guidance.

www.gov.uk/coronavirus

NHS Every Mind Matters

This sort of incident could cause undue pressure and anxiety. This website has some really simple useful tips and advice to support good mental health.



Hope that you are all keeping well and keeping SAFE?

These are more than unusual times for us all, having to yet again adapt to a new way of life. We are all adaptable and we have shown that we are all survivors so let's rise to the challenge and show that we can beat this.

There are several things that we can do to make life more bearable, so here goes.

- **Stay Healthy:** Make sure that you take regular exercise, whether it be in the house or following guidelines, going for a walk. There are a variety of people offering exercise guidance on YouTube including seated Yoga. At the worst grab a can of Baked Beans and use it as a weight, walking on the spot. Whatever it is, exercise to stay healthy.
- **Stay Sane:** Remember our mindfulness relaxation session: There are on line aids such as Headspace, and Calm: Both are available as Apps for iPhone or Android, Headspace is also available at <https://www.headspace.com/>.
- **Keep Your Mind Active:** Try at least one of the Brain Training Apps, Luminosity is a good start and has a website at: <https://www.lumosity.com/en/>. Search your App store for others.
- **Keep in Touch:** Use our Facebook Groups, WhatsApp and set up your own groups Share your "Hoots, Hurrahs and Horrors. Sharing is a great way to keep in touch. Post Jokes / Funnies to lift our spirits. If there is any one in your groups that you want to speak to Face To Face, use video on Messenger.
- **News:** Well there is TV, Radio and links on FaceBook to Wokingham Non Gosip Girls/Lads, Wokingham Borough Residents Discussion Group. You can ask for help or share ideas. Use the phone speak with family and friends.
- **Need Help:** There are several help links, I sent out one for Citizens Advice Covid-19 ;"The Wokingham One Front Door" at <http://citizensadvicewokingham.org.uk/coronavirus/>. **Next Door** neighbourhood hub: this is available on line at : <https://nextdoor.co.uk/join/> or as an App. Gives you access to help in your locality.
- **STAY SAFE:** Do not go out unless it is for exercise, or shopping. If you are in an at risk group then arrange for someone to shop or collect your Medication, a neighbour or use the above links. If you are still at a loss how to get the essentials.

We hope that this will all be over soon, but it looks as though it could be 3 months or more. Make sure that you have a daily and weekly routine to give you a sense of purpose. Achieve one thing to completion each day.

Want to help your community during the COVID-19 situation?

Your communities are strong and resilient. There are simple things you can

- **Check-in on vulnerable family, friends and neighbours.**

Just helping them with their shopping and checking they have everything they need can make a huge difference. Know someone self-isolating? Call or text them to check that they're ok.

- **Volunteer with a local charity.**

Wokingham Borough Council is working with local charities to provide community support during this difficult time.

To volunteer, visit the Wokingham Volunteer Centre website at

www.volunteerwokinghamborough.org.uk

or by calling **0118 977 0749**

Do you need support?

If you are in need of help or support, reach out to your community. You are not alone!

- **Call on your family, friends, neighbours or those you trust.**

Our communities are showing solidarity and community spirit during this difficult time. Most of us will have family, friends or trusted neighbours who can help. Just reach out!

- **Call on your local charity.**

If you are already in contact with a local charity, call them

- **Call on your community & voluntary sector.**

Wokingham Borough Council is working with local charities to provide a community response for those who don't have support and need advice or practical help. This is not an alternative to the NHS or social services. It is local residents looking after each

Covid-19 Mental Health Reminder

Get Dressed

Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.

Do Your Hair/Makeup

Even if you're not going anywhere this can help make you feel "normal" in a very chaotic time. People also often feel relaxed when doing hair or makeup and you deserve that.

Eat New Healthy Recipes

If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy

Get Some Fresh Air

Fresh air will help you not feel so cooped up or "stuck" in your home. Getting outside would be best but even standing at a window will be beneficial.

Be Creative

Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.

Unplug

Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away.

Stay Connected

Even though we can't go visiting, make sure you stay connected. A good way is Video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated.

Reach Out

Mental health is always important but it is especially important during times like this. Reach out if you need to and remember to check in with your friends and family. We are all in this together!



Coronavirus Social Media Pack

The team have produced a social media pack alongside the press release (https://www.friendsagainstscams.org.uk/article/505/beware_of_covid_19_scams) and letter template. Please share these posts to draw attention to the infographic below that has been designed on how to protect yourself and others from coronavirus scams. The Friends Against Scams training has been updated to include further information on the types of coronavirus scams the team have seen and actions to take to protect yourself and others.

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home decontamination services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods and services from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

Be a good friend,
help to protect
your family, friends
and neighbours
from scams.

Read It.
Share It.
Prevent It.

#Coronavirus
#ScamAware



Contact

For advice on scams call the
Citizens Advice Consumer Helpline on **0808 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

RE: Scams advice during coronavirus outbreak

We are writing to you with regards to the coronavirus and how you can access support and safeguard yourself against scams.

We hope that you are well. As a reminder, we would like to re-iterate the government and NHS guidelines about maintaining good hygiene; only go outside for food, health reasons or essential work, and stay two metres away from other people outside of your household.

It is particularly important for people who are over 70 and/or have an underlying health condition.

Things such as Facebook Community Groups, WhatsApp Groups and the Nextdoor social network that send neighborhood alerts can be great ways of staying in touch with those around you, however it can be difficult to know who to trust. These are all online and not everyone has access to the internet, so please see the telephone numbers below for your County if you require assistance.

Please be aware that not everyone out there is trustworthy and some people will take advantage of this unusual situation our society is facing.

Here are just some of the scams we are aware of, but please note that criminals come in all shapes and sizes and can contact you at the door, by phone, post or online:

- Be aware of people offering miracle cures or vaccines for coronavirus – there is no specific treatment for coronavirus (COVID-19). Treatment aims to relieve the symptoms until you recover.
- Home cleaning services
- People impersonating healthcare workers, claiming to be offering ‘home-testing’ for coronavirus – this is a scam and these kits are not currently available to buy.
- Emails saying that you can get a refund on taxes, utilities or similar are usually bogus and they are just after your personal and bank details.
- There are lots of fake products available to buy online that say they can protect you or cure coronavirus. These will not help and are designed to take your money.
- There are new mobile phone applications that claim to give you updates on the virus but instead, they lock your phone and demand a ransom.
- Your bank or the police will never ask for your bank details over the phone.
- People offering to do your shopping or collecting medication and asking for money upfront and then disappearing.

Tips to avoid being scammed:

- Be cautious and listen to your instincts. Don't be afraid to hang up, bin it, delete it or shut the door.
- Take your time; don't be rushed.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. someone attempts you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of helps if you are unsure.
- If you are online, be aware of fake news and use trusted sources such as .gov.uk or NHS.uk websites. Make sure you type the addresses in and don't click on links in emails.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Know who you're dealing with - if you need help, talk to someone you know or get in touch with your local Council on the numbers below.
- Protect your financial information, especially from people you don't know. Never give your bank card or PIN to a stranger.

Contact information:

- If you think you've been scammed, report it to Action Fraud on 0300 123 2040 and if you need advice, call the Citizens Advice Consumer Helpline on 0808 223 1133. If you are in immediate danger, contact the police on 999.
- Contact your bank if you think you have been scammed.

To learn more about different types of scams and how to protect yourself and others, visit www.FriendsAgainstScams.org.uk and complete the free online training.

Why not become a Scam Marshal? A Scam Marshal is any resident in the UK who has been targeted by a scam and now wants to fight back and take a stand against scams. Scam Marshals do this by sharing their own experiences, helping others to report and recognise scams and sending any scam mail that they receive to the National Trading Standards Scams Team so that it can be utilised as evidence in future investigative and enforcement work. Visit www.FriendsAgainstScams.org.uk/ScamMarshals for more information and to sign up.

Read it. Share it. Prevent it. #ScamAware #Coronavirus

STOP LOAN SHARKS

Intervention . Support . Education

CALL OUR 24/7 CONFIDENTIAL HELP LINE
0300 555 2222

#stoploansharks reportaloanshark@stoploansharks.gov.uk

www.stoploansharks.co.uk

The England Illegal Money Lending Team (IMLT) recognise that this period may be one of increased financial pressure for some people. The Team is committed to ensuring that illegal money lenders (loan sharks) do not take advantage and profit from other people's hardship.

The Stop Loan Sharks helpline service remains open and is fully operational during the COVID-19 pandemic. We encourage not only victims but friends, family members and the wider community to come forward if they suspect someone is suffering at the hands of loan sharks.

Anyone lending money should have the correct permission from the **Financial Conduct Authority (FCA)**. Legal lenders have to comply with strict guidance and ensure they are dealing with customers fairly, using proper paperwork and legal collection methods.

You can check if a company is authorised to lend money at www.loansmart.org.uk.

Our partners at Citizens Advice, Money Advice Service and Step change have a wealth of information available to help people whose health and finances have been affected by the current situation.

Help us raise awareness of the dangers of using loan sharks and signpost people to support services.

Please share these messages online to encourage safer borrowing and reporting of loan sharks. It is also important to protect people from falling victim to loan sharks during these challenging times.

- The Stop Loan Sharks helpline service is still operating as normal on 0300 555 2222

If you are the victim of a loan shark contact the team for help.

Visit the website here for more info and support: <http://bit.ly/2vyzQyg>

- If you are being harassed or threatened by an illegal money lender – call the @LoanSharkNews helpline 0300 555 2222 for emotional support, information and guidance, Find out more about the different ways the team can help here: <http://bit.ly/2Q0Yej9>

- Loan sharks are not your friends – these criminals are highly manipulative and want you under their control. Find out how to get help if you or someone you know is a victim of illegal money lending here <http://bit.ly/2Q0Yej9>

- Useful advice from @YourMoneyAdvice for those experiencing financial hardship. If you need to borrow money, check the lender is authorised by @theFCA and avoid loan sharks. More information here: <http://bit.ly/33tJpLj>

Further information and links will be shared from our Facebook and Twitter accounts.



HM Government

**Wash your hands
more often
for 20 seconds**

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

NHS

Use soap and water or a hand
sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

Coronavirus (COVID-19) and domestic abuse West Berkshire Support and Guidance

Are you experiencing or feel at risk of domestic abuse during
the coronavirus (COVID-19) outbreak?

Support is available and if you are in immediate danger,
you can leave.

It is likely that your home life has changed drastically since the
coronavirus outbreak, we recognise that there is a particular
pressure in households for those who are experiencing or feel at risk
of domestic abuse.

Domestic abuse is unacceptable in any situation, no matter what
stresses a person could be under and you do not need to feel as if this
behaviour should be accepted.

If you need help with your shopping or collecting your medication please see below the support in your area

Reading

- One Reading Community Hub Support and Volunteer Line - 0808 1894325
- Reading Crossroads - Contact the hub on 0118 324 7333
 - Citizen Advice Reading -03444 111 306.

Wokingham

- Wokingham Crossroads - 0118 979 5324
- Citizen Advice Wokingham - 0300 330 1189

The Carers Hub is still open and you will be able to contact us any time between 9-5pm

Monday - Friday

Tel : 0118 324 7333

Email : ask@berkshirecarershub.org



Homemade Bread



PREP TIME : 15 MIN

COOK TIME : 25 MIN

Ingredients

- 2 cups all-purpose flour (or bread flour)
- 2 teaspoons (1 packet/ 7 gms) instant yeast
- 2 Tablespoons sugar (use 1 Tbsp. for less sweetness)
- 1 teaspoon salt
- 1 cup milk (low fat or whole milk)
- 2 Tablespoons vegetable oil (or butter)
- about 1/2 cup additional flour

Method

1. Combine flour, yeast, sugar & salt in a large mixing bowl.
2. Warm the milk and oil together to 120-130° F.
3. Add milk/oil to flour mixture and beat with electric mixer on high for 2 minutes.
4. On low speed slowly add enough flour (about 1/2 cup) until dough forms a soft mass.
5. Place dough on floured surface and knead 50 turns.
6. Cover and let rest 10 minutes.
7. Shape dough into a loaf and place in a greased 8 1/2 x 4 1/2 -inch loaf pan.
8. Cover with a towel and let rise in a warm spot for 45 minutes to one hour, until it's one inch taller than the pan.
9. Preheat oven to 375° F & bake for about 25 minutes. After the first 15 minutes, I cover the top of the loaf with a foil tent to prevent over-browning. Bread is done when the internal temperature is 190° F.

No mixer? No instant yeast?

No mixer? Just mix it in a bowl by hand but knead longer, about 150 turns.

No instant yeast? Use regular dry active yeast but check the package for liquid temperature, which should be lower – probably 110-120° F