

Tü Vida

Supporting your life

Newsletter

February 2021



Reading & West Berkshire
Carers Hub



Wokingham
Outreach Carers Service



We are still open

contact us any time between 9-5pm Monday - Friday

Tel : 0118 324 7333 Email : berkshirehub@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.

berkshirehub@tuvida.org



Would you be interested in having your very own indoor herb garden?

We are looking for carers who would like to join us in making your very own herb garden from scratch.



If you are interested please email Shelley on shelleymills@tuvida.org or call the hub on 0118 3247333

We are looking to set up a Carers Library.

We feel the library would help carers unwind and relax

If you have any books you no longer want or need please can you send them to 14 Albury Close Reading RG30 1BD

If you have any questions please email Shelley on shelleymills@tuvida.org



Home from Hospital service



Age UK Berkshire is working with Wokingham Borough Council to provide a short term home from hospital service for Wokingham Borough residents.

The service offers practical support such as help with shopping, cleaning, GP appointments and medication ordering. The service lasts for 2-3 weeks.

Age UK's experienced staff work with you to ensure that you are settled in at home as soon as possible after being discharged from hospital, they can also support with information, advice and signposting to other services that will help you in the future.

The service works on a referral basis, so please talk to your healthcare professional when your discharge plans are being made to see if the service is suitable for you.

If you have any queries about the service please contact Age UK Berkshire on [0118 959 4242](tel:01189594242) or email info@ageukberkshire.org.uk



**WOKINGHAM
BOROUGH COUNCIL**



One Front Door - coronavirus community response



Do you need help and support? One Front Door is here to support you to get the help you require.

The service aims to ensure that no-one feels left behind - already it has provided support to local residents and worked with other charities to help people with food, prescription collection, linking up with some friendship support and advice on issues such as redundancy, debt, statutory sick pay or other benefits.

Citizens Advice Wokingham operates One Front Door to link you with the right level of support - working with Wokingham Borough Council and organisations such as local foodbanks, The Cowshed, Wokingham United Charities, Berkshire Women's Aid, Wokingham Volunteer Centre, First Days, Involve, Link Visiting Scheme, Age UK Berkshire and many more - including mental health and wellbeing support. It has a long list of charities and community groups operating across the area.

Citizens Advice Wokingham has set up a page on its website so that you can explain your issue via a form if that suits you best. They may need to give you a call back just to check some things out - the form is available 24/7. If you are referring someone else you **MUST** have their explicit permission.

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.

Contact details are **0300 330 1189** or email admin@citizenadvicewokingham.org.uk .
<https://citizensadvicewokingham.org.uk/>



Energy saving and climate

Energy Company Obligation (ECO) and Help to Heat Scheme

The Energy Company Obligation (ECO) and ECO Flex Help to Heat scheme aim to help eligible residents reduce their carbon emissions and lower their fuel bills by making poor performing homes more energy efficient. Improvements carried out through the Help to Heat scheme include loft insulation or cavity wall insulation and are generally free or heavily subsidised.

Eligible households include those in receipt of means tested benefit, or with a household income below £35,000, after taxes, and who meet the council's 'Persons vulnerable to cold' criteria shown in the ECO Flex (Help to Heat) Scheme Statement of Intent (PDF document.)

Find out more about the Help to Heat scheme and local eligibility criteria in our Statement of Intent, or by calling our partners Insta Group Ltd on **0800 051 7654**.

Our energy saving initiatives

Our initiatives to help reduce carbon emissions include

- **My Journey Wokingham project** - encouraging people and employers/employees to take up more sustainable travel options, such as walking, cycling or using public transport
- Recycling systems have been put in place in council offices
- Energy usage in council buildings is being monitored and efficiency measures have been installed in all council buildings
- The Park and Ride sites at Winnersh and Mere oak have 2 Rapid Car chargers in each and there is also a charger at our sites at Toutley and Shute End



Compass Recovery College

The recovery college have some free online wellbeing courses to find out more

call: [0118-9373945](tel:0118-9373945) or

email: compass.opportunities@reading.gov.uk



Do you feel that the lock down is affecting your confidence and your mobility? Why not try these free exercise sessions, specially designed to target key muscle groups and balance.

Mondays at 10am, Chair Yoga with Sami - <https://www.eventbrite.com/e/136449158105>

Tuesdays at 11am, Gentle Chair exercise with Debbie and Mandy from Mindset Massage

Email debbie@mindset-massage.com to book

Fridays at 11.15am, Gentle Chair exercise with Hayley - <https://www.eventbrite.com/e/136450532215>

All sessions are led by qualified instructors and have a gentle introduction with a warm up, cool down and time for virtual socialising at the end.

We know getting on zoom is a hurdle in itself - Mindset Massage can help you if you're struggling, please email Debbie debbie@mindset-massage.com



Peace of Mind Matters

Whatever stage or age someone is at in life it can be really helpful to think about whether they have planned for the future. Citizens Advice Reading (CAR) has a service specifically for this.

CAR can help you look at various aspects of planning such as:

- Have you thought about your care when you are older and how it may be paid for?
- What do you want to happen to your property after you die?
- Do you want to be cremated or buried?
- What songs would you like at your funeral?
- Do you want to be an organ donor?
- Does anyone in your life know what you want?

At CAR we want to help support you in answering some of these questions to help give you peace of mind for your future.

For more information please fill the PoMM referral form or email pomm@citizensadvicereading.org.

If you don't have access to a computer please call on **0800 144 8848**



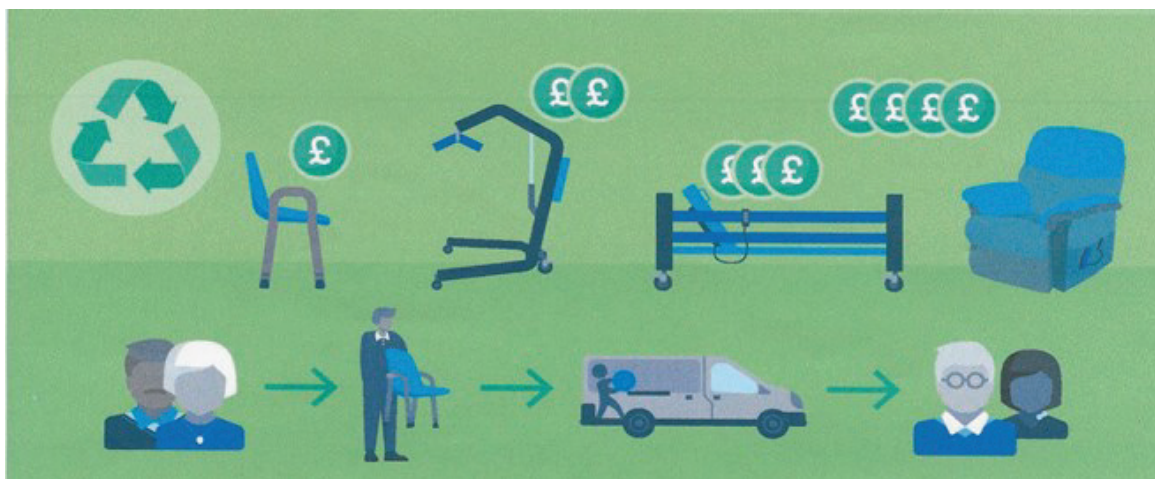
URGENT COVID-19 EQUIPMENT RETURN

Beds, mattresses, hoists, shower chairs, commodes, etc.

If you or a family member have been loaned equipment such as a bed, mattress, hoist, shower chair, commode or other items by your local authority or the NHS that you no longer need...

Please contact NRS Healthcare to arrange free and safe collection.

Much of the equipment can be recycled and reused. It helps us to get the equipment to the people who need it. Just look for the NRS sticker (see below) on the item and get in touch.



To arrange a free collection of this equipment please call NRS Healthcare on **0344 893 6960** during opening hours (8.30am-4.30pm, Monday-Friday) or email **enquiries@berkshire.nrs-uk.net**.

IMPORTANT! Please make sure the item has an NRS sticker on which includes a bar code on when returning.





Need school work printed?

But no printer available?

**Email parkers and they will gladly print it
for you:**

reading@parkersproperties.co.uk

Support for children and young people struggling with their Emotional Health

Early support with emotional health difficulties is vital to prevent issues escalating and to reduce the impact they have on many aspects of a young person's life. The current lockdown is creating additional challenges for some young people and many services are continuing to offer support remotely

Emotional Health Triage is West Berkshire's free service open to children and young people who need support with emotional health difficulties, and is open for referrals. The service can help with issues including low mood, anxiety, self-harm, anger, coping with bullying, friendships and eating or image problems. It is the gateway to many different early support options and recommendations are made for the most suitable form of support for each case

If your concerns are serious, urgent or complex in nature, please contact the Children, Young People and Families Health Hub on **0300 365 1234**.

<https://info.westberks.gov.uk/index.aspx?articleid=35803>



Although our Libraries are closed for now due to the national restrictions, you can still borrow books, sign up for free e-magazines, and take part in online library activities.

Simply reserve book titles via our online catalogue <https://westberks.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>

When you receive notification that your books are ready, you will be able to collect them from any West Berkshire library, including our Mobile Library. See library details and opening hours <https://info.westberks.gov.uk/libraries>

Libraries also continue to offer the popular Order & Collect service, whereby library staff will select up to five books for you based on your interests.

Call **01635 519813** or your local library or visit the online catalogue.

Members can return books at any time of day or night via the bookdrops/letterboxes outside each library. For those members who are not able to return their books at the moment, there is a West Berkshire Libraries fines amnesty in place until the end of **March 2021**, which will be regularly reviewed.



Stay well this winter

With the added pressures of Covid-19 this winter we want to remind you how you can continue to stay well throughout the colder months.

Certain groups of people are particularly vulnerable to cold weather, including:

- Older people, especially those over 65 years old and those who are frail or socially isolated
- People with pre-existing chronic medical conditions
- Children under 5
- People with cognitive impairment, mental health conditions or learning difficulties

People living in deprived circumstances such as experiencing fuel poverty

- People experiencing homelessness or rough sleeping
- Pregnant women

Many of these groups are also at greater risk of severe illness from COVID-19, as well as other winter illnesses such as flu. This leaflet gives further advice on how to stay well this winter and lookout for those are more vulnerable.

Look after yourself

- Food is a vital source of energy and helps to keep your body warm so have plenty of hot food and drinks
- Stock up on tinned and frozen foods so you don't have to go out too much when it's cold or icy
- Exercise is good for you and helps to keep you warm and healthy. If possible, try to move around at least once an hour
- Wear lots of thin layers – clothes made from cotton, wool or fleecy fibres are particularly good and maintain body heat
- Wear well-fitting slippers with a good grip indoors and shoes with a good grip outside to prevent trips, slips and falls
- Make sure you have spare medicine at home in case you are unable to go out
- Check with Ofgem <http://bit.ly/2IKdFig> tel: 020 7901 7000 if you are eligible for inclusion on the Priority Services register operated by your water and power suppliers

Recommended Minimum Indoor Temperatures for Homes in winter

- Heating homes to at least 18°C (65F) in winter is recommended for the health of a sedentary person, wearing suitable clothing. Daytime recommendations
- The 18°C (65F) threshold is particularly important for people aged over 65 or with pre-existing medical conditions
- The 18°C (65F) threshold also applies to healthy people aged under 65. However, if they are wearing appropriate clothing and are active, they may wish to heat their homes to slightly less than 18°C (65F) Overnight recommendations
- Maintaining the 18°C (65F) threshold overnight may be beneficial to protect the health of those aged over 65 or with pre-existing medical conditions. They should continue to use sufficient bedding, clothing and thermal blankets or heating aids as appropriate
- The 18°C (65F) threshold overnight may be needed less for healthy people aged under 65. They should continue to use sufficient bedding, clothing and thermal blankets or heating aids as appropriate



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 .

Tel: 0118 979 5324

www.wokinghamcrossroads.org

Email contact@wokinghamcrossroads.org



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



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



West Berkshire



Wokingham General group

10am-12pm

**At: The Bradley Centre Circuit Office, Rose St, Wokingham RG40 1XS
will need to book a place as due to social distancing measures places are
limited.**

**Please contact The Hub on 0118 324 7333 to find out dates and register
your attendance.**

We look forward to seeing you there.

Reading Dementia Support Group

Is running in Feb

Date, Venue and time to be confirmed,

please contact the hub for more information

0118 324 7333 or email berkshirehub@tuvida.org

**We will be contacting all carers when the other support groups are back up and
running**



Coconut & squash dhansak



PREP TIME : 5 Mins

COOK TIME : 15 Mins

• INGREDIENTS

- 1 tbsp vegetable oil
- 500g butternut squash (about 1 small squash), peeled and chopped into bite-sized chunks
- 100g frozen chopped onions
- 4 heaped tbsp mild curry paste (we used korma)
- 400g can chopped tomatoes
- 400g can light coconut milk
- mini naan bread, to serve
- 400g can lentils, drained
- 200g bag baby spinach
- 150ml coconut yogurt plus extra to serve

If there is anything in this months newsletter you would like us to send you more information on please contact us

Tel:

0118 324 733

Email :

berkshirehub@tuvida.org

METHOD

STEP 1

Heat the oil in a large pan. Put the squash in a bowl with a splash of water. Cover with cling film and microwave on High for 10 mins or until tender. Meanwhile, add the onions to the hot oil and cook for a few mins until soft. Add the curry paste, tomatoes and coconut milk, and simmer for 10 mins until thickened to a rich sauce.

STEP 2

Warm the naan breads in a low oven or in the toaster. Drain any liquid from the squash, then add to the sauce with the lentils, spinach and some seasoning. Simmer for a further 2-3 mins to wilt the spinach, then stir in the coconut yogurt. Serve with the warm naan and a dollop of extra yogurt.