

Crossroads Care Wokingham

Where Carers turn to

CROSSROADS 24TH ANNUAL GENERAL MEETING



We were honoured to have the Mayor of Wokingham Borough Council, Cllr Rob Stanton and the Mayoress Mrs Maureen Stanton in attendance at our 24th AGM on Wednesday 8th November. Catherina Tam, Chief Executive Officer, updated on our services during 2016-17. This included providing 1,455 hours of respite care to local carers who were at the point of breakdown or whose health was badly affected by their caring role.



We fondly said goodbye that evening to Ruth Foster, who has retired as a Trustee after 19 years dedicated service. Also to Steven Kennedy who, as a Trustee, helped to bring our website into the modern world (www.wokinghamcrossroads.org).

The event saw the premier of our two new videos Crossroads Care Wokingham - 'Help for Unpaid Carers' & 'Me Time'. These feature local carers and former carers talking about their lives and how having 'Me Time' to take a much needed break has made it easier to continue in their caring roles. The stars, Helen & Den Shepherd, Don Johnson, Frank Groves, Ann Warren, Lynne Tymms and Philip Robinson, were presented with a token thank you by the Mayoress on behalf of Crossroads Care Wokingham. Please see our website for photos or click [here](#).



TIPS FOR CARERS

Q : What do you do if the person you are looking after doesn't live with you but demands you are with them all the time. They ask you to do everything, even when you're not sure it actually needs doing. In the end you find yourself saying no to it all and end up feeling very angry, and usually **very** guilty?

Tip: Rather than saying no, explain that you have lots that needs doing at your home and so you won't be able to be with them at the time they want. Try to make a list of the tasks that need to be done and then set particular times each week when you are able to be there to do them. Don't forget to set some of these visit times, not to do tasks, but to talk or go out socially with the person you're looking after as their son or daughter, family member or friend.

We'd love to hear your tips on what has helped you to cope and share them with other carers. Please contact Karen on 0118 979 5324 or email: karen.mustard@wokinghamcrossroads.org

HAVE YOUR SAY AT THE CARERS FORUM

Do you live in Wokingham Borough and care on an unpaid basis for someone who would not be able to manage day to day without your support? If so you are invited to join the Wokingham Carers Forum and have your say about local services.

Venue: Wokingham Fire Station, Easthampstead Road, RG40 2EH.

Call the Wokingham Outreach Carers Service on 0118 324 7333 or email:

ask@berkshirecarershub.org

Dates of next meetings:

- Tuesday 9th January 10-12pm
- Friday 16th February 10-12pm
- Friday 6th April 10-12pm

Crossroads Care Wokingham

Our aim is to give you peace of mind whilst you enjoy your well earned break

NEW SERVICE - CALL & CARE



This service provides both domiciliary care and respite breaks to give carers practical help. Tasks include personal care, light housework and companionship etc.

We offer a very competitive market rate.

To find out more please contact the office on 0118 979 5324 or email

contact@wokinghamcrossroads.org

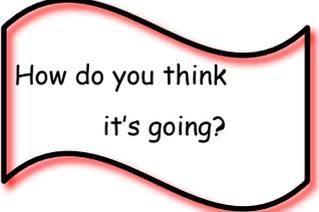
Personal Budget or Independent Service Fund holders and self-funders welcome.

REVIEW OF CARERS STRATEGY

The Wokingham Carers Forum (see page 1) has a duty to review the current Wokingham Borough Council (WBC) Carers Strategy on a quarterly basis to make sure the actions that are listed are completed.

It is essential that WBC hears the views of local carers about how things are working. We've uploaded the Action Plan onto our website for you to see.

This is an ongoing process so if you have any comments to make over the coming months please get in touch with Wokingham Outreach Carers Service on 0118 324 7333 or email: ask@berkshirecarershub.org



HOT PRESS

ARE YOU A QUIZZER?

i. What is the highest number visible on a dart board? ii. How many of Snow White's seven dwarfs had a name ending in the letter Y? If you can answer the above, or would like to have fun trying to, please let us know if you'd like to be kept informed about our soon to be held Quiz Night in April 2018. An evening of entertainment for all with refreshments. Please call 0118 979 5324 with your contact details.

(and to stop any sleepless nights the answers are i. 20 & ii. 5 - Dopey, Grumpy, Sneezy, Sleepy, Happy)



BEST BREAKFAST 2017

Our very own Trustee Julia Tredwell held the second Best Breakfast feast on 27th October 2017. This raised a wonderful £319 to be put towards supporting carers with much needed breaks when providing end of life care for a loved one.

LOCAL COMMUNITY FUND

Our thanks go to the Co-op stores in Easthampstead, Hanworth and Wokingham and their customers who helped to raise £3,817 for the Memory Lane Project. We can now create reminiscence based resource packs for our care staff to work with people affected by memory problems.



DON'T FORGET EASYFUNDRAISING

Did you know that whenever you buy anything online, from your weekly shop, car insurance, mobile phone to your annual holiday, you can be collecting free donations for Crossroads Care Wokingham?

There are over 3,000 shops linked up to easyfundraising where you can do your Christmas shopping. This includes Amazon, Sainsburys, John Lewis, Waitrose, Debenhams, Aviva, the trainline, eBay and Aviva.



Depending on the shop/store a percentage of what you spend will be donated to enable us to offer more respite breaks to local carers. This is at no extra cost to you!

Go to <https://www.easyfundraising.org.uk/causes/crossroadscarewokingham> and register your account. Or find out more about the scheme with the Easyfundraising Get Started video at:

<https://www.easyfundraising.org.uk/raise-more/videos/>

HOW TO CONTACT US

CHRISTMAS HOLIDAYS - apart from the Bank Holidays we will be open as usual.

Address

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Wokingham, RG41 2RE



- 0118 979 5324

- contact@wokinghamcrossroads.org

- www.wokinghamcrossroads.org