

Crossroads Care Wokingham

Where Carers turn to

GOODBYE AND WELCOME

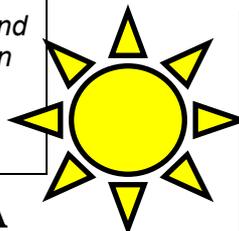
← We sadly have said Goodbye to Catharina Tam who has been our Chief Executive Officer for the last 4 ½ years. We wish her all the very best for her retirement.

→ We welcome Angela Deller, who joined us on 1 August as our new Registered Manager. Angela has worked for Crossroads previously, so some of you may already know her.

Angela said *“Initially qualifying as a Nurse and working in NHS Hospitals, I progressed into Residential Care within various Nursing and Psychiatric Homes before moving into a community setting. Subsequently I have undertaken roles with Social Services, working with and leading teams in the development and delivery of care services before undertaking employment in the education sector.*

Having previously worked for Crossroads, I have an understanding of the unique nature of the organisation and the principles we aspire to. I am very much looking forward to working as part of our team to further develop our capabilities and high standards within our sector.

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On a personal note, I enjoy music, reading, and time with friends and family. I have two grown up children and enjoy spending time with my three Grandchildren”.



CARERS CREAM TEA

The sun was luckily out when we were at The Berkshire Care Home in June. Perfect timing for our Carers Cream Tea. In the beautiful surroundings of the garden we ate scones, drank tea and modelled hats in support of the residents Ascot Day. Thanks to Amanda, Caroline and Simon (the Chef) at The Berkshire for making this possible.

The next tea is on Tuesday 4th September, 2-4pm. If you'd like to be there, places are limited so please call 0118 979 5324 or email: contact@wokinghamcrossroads.org
Looking forward to seeing you.



TIPS FOR CARERS



Q. *How can I make it easier to cope with the day to day tasks of caring?*

Tip: The following steps may help and may also give you some valuable time to recharge your batteries:

- Get information about the local services and support that is available - talk to Wokingham Outreach Carers Service on Tel: 0118 324 7333 or email ask@berkshirecarershub.org
- Sort out practical help with the daily routine - write down what your usual routine is and consider asking friends or family for help with specific tasks
- Be flexible - becoming a carer may mean re-organising your life and taking on new roles and responsibilities
- Get a regular break - taking care of your own health is essential and having 'time out' is one of the best ways of doing this.

If you need a short break, call us now on 0118 979 5324.

CARERS ACTION PLAN 2018 -2022

The long-awaited [Carers Action Plan](#) 2018-2022 was at last launched in June.

It has identified 5 priority areas:

- Services and systems that work for carers
- Employment and financial wellbeing
- Supporting young carers
- Recognising and supporting carers in the wider community and society
- Building research and evidence to improve outcomes for carers.

Unfortunately, the issue of additional resources to fund support for carers is missing.

A Green Paper on funding adult social care is expected soon which, it is hoped, will turn what is actually a summary list into genuine meaningful targets that will bring about change.

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GET INVOLVED - LOCAL EVENTS

CARERS SURVEY DROP-IN'S



Come along and have your say on local carers services and what changes / developments you'd like to see in the new Wokingham Borough Council Carers Strategy 2018-2020.

- Thursday 6th September, 6.30pm-8.30pm
- Friday 7th September, 11am-1pm or 2pm-4pm

At the Rose Room, The Bradbury Centre, Rose Street, Wokingham RG40 1XS. Find out more [here](#).



CROSSROADS BEST BREAKFAST

Friday 2nd November, 9am-11am, all welcome.

Join us in Wokingham for a delicious breakfast with great company, lots of chat and fantastic coffee.

For more information ring 0118 979 5324. To book a place, please call 0118 978 6540 or email: julia@treds.plus.com by Friday 26th October.

DATA PROTECTION UPDATE

Here at Crossroads we promise to respect and protect the personal information (or data) you, your family or other organisations have provided us with and to keep it safe. We will manage this data effectively and securely so that we can deliver better services to you, including our events and fundraising activities.

If you'd like to know more about how we use your personal data please see our updated Privacy Policy [here](#).

DO YOU WANT TO HEAR FROM US?

If you are reading this and haven't signed up to receiving our newsletter / flyers please ring 0118 979 5324 or email

contact@wokinghamcrossroads.org and let us know.



FUNDRAISING UPDATE

For every £20 raised Crossroads can offer local carers 1 hours free respite



VOTE NOW AT WAITROSE

Crossroads Care Wokingham has been selected by Wokingham Waitrose as one of the local charities in the August round of Community Matters.

Don't forget, if you're out shopping, please drop your green token into our box to help us develop our essential respite services.

DO YOU SHOP ONLINE?



Whenever you buy anything online, you can be collecting free donations for Crossroads Care Wokingham. All at no extra cost to you.

You can see our Easyfundraising page and joining instructions at: <https://www.easyfundraising.org.uk/causes/crossroadscarewokingham/>

CROSSROADS QUIZ 2018

The second Crossroads Quiz was held on 20th April at Sand Martins Golf Club. Our thanks go to the golf club who donated the room and some of the raffle prizes. Also to the Quiz admin team who kindly gave their time devising lots of tricky questions for free.



The wonderful £610 raised will be donated to the End of Life Care Project. This supports carers whose loved ones have a life limiting illness, such as cancer.

HOW TO CONTACT US

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