

## Crossroads Care Wokingham

*Where Carers turn to*

### CROSSROADS SILVER ANNIVERSARY AGM

To borrow a much used quote “I don’t believe it, I just don’t believe it” - and we truly don’t!

Remembering twenty-five years of providing essential respite breaks to carers in Wokingham & Bracknell Forest was the highlight of our AGM on Wednesday 21st November. Attended by the Deputy-Mayor of Wokingham Borough Council, Cllr Bob Soane and the Deputy Mayoress Mrs Hilary Soane, carers and some of our new and long-serving staff and volunteers.



#### Facts & Figures 2017-18

- 105 new carers were referred & assessed
- we provided over 12,099 respite hours
- age of carers supported ranged from early 20’s to their 90’s
- Annual Carers Survey - 73% of carers rated our service as excellent & 27% good/very good.

Jackie & Julia

Thanks were given, as always, to our wonderful staff and Trustees. None of this would have been possible without their dedication, patience and amazing sense of humour.

You can see our Annual Report [here](#) or ask and we can send you one out.



From left to right: Maureen Meatcher (Chair), Hilary Soane (Deputy-Mayoress), Cllr Bill Soane (Deputy-Mayor), Philip Robinson (Carer), Steve Vale (Trustee)

### FLEXIBLE WORKING FOR CARERS

Timewise is a social enterprise rather than a commercial jobs site.

When you’re caring for someone who is disabled, elderly or ill, finding flexible work can be critical. Carers can apply with confidence on Time-wise Jobs, knowing that the employer will be happy to discuss a flexible working arrangement if you get a job offer. You’ll find part-time jobs, home-working jobs, flexible hours arrangements, and also jobs where the employer is open to negotiation on the type of flexibility.

The hub also gives practical tips on how to get a flexible job.

The most interesting pages to start with are: <https://www.timewisejobs.co.uk/caring/> or the interactive online quiz: <http://timewise-resources.co.uk/quiz-jobseeking-as-a-carer/>

**timewise** JOBS  
PART-TIME & FLEXIBLE ROLES

### WHO REMEMBERS SNAP?

Nestle has brought back a Christmas supplement of their reminiscence pack where their seasonal images have been turned into a game of Snap! You can use historic images of famous brands to prompt happy memories and conversations for people with dementia. Simply print them out onto stout A4 card, cut out, and use to play the traditional parlour game.

Click here: [Memory Pack Christmas Supplement \(pdf, 7.4Mb\)](#)



If there are problems downloading please contact Nestlé Consumer Services on 0800 58 57 59.

### WINTER CHALLENGE

1. How many points does a snowflake traditionally have?
2. Two of Santa’s reindeers are named after weather phenomenon. Name the reindeer.

Answers on the back page.

Thanks to the Co-op, our staff will, shortly be able to bring a memory box with them to your home. Filled with memorabilia items from the 30’s—70’s, there’ll be something for everyone to stir long-lost happy thoughts.

# Crossroads Care Wokingham

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

## BEST BREAKFAST 2018

Our third Best Breakfast was held on 3rd November 2018. Because of the hard work of Julia (and Doug) and the kindness of AVC Fencing in funding the bacon and delicious pastries, this raised a wonderful £471.



It will go towards providing breaks to the carers of people with life limiting illnesses.

## WINTER CARNIVAL 2018

Hope you managed to catch us huddled in the Market Place on the 25th November. Despite it being cold (and stormy) our 'Guess the Weight of the Cake' competition raised a welcome £73.



Karen, Maureen & Julia

For those who want to know, it weighed 2.69Kg, or just over 6 pounds. Most importantly, it brought us into contact with many new carers we can now help.

## FREE RESPITE HOURS FOR CARERS

Are you looking after someone who has:

- Alzheimer's disease / dementia, or
- a life-limiting illness e.g. heart disease, cancer, kidney disease, COPD, Parkinson's, MS
- or are caring, unpaid, for more than one person?



Thanks to the Berkshire Community Foundation - NHS Respite Fund, we're thrilled to offer 12 ½ hours free respite to reduce the stresses and strains of your caring role.

Places are limited so please call 0118 979 532 or email [contact@wokinghamcrossroads.org](mailto:contact@wokinghamcrossroads.org) as soon as possible.

N.B. we will give priority to carers who would like to try respite for the first time or who have not taken a break for some time.

## CALL & CARE UPDATE

Have you used our Call & Care Service ?



For carers who receive a Personal Budget, Individual Service Fund or who pay for services yourself this could be of great help.

Our support workers can help with respite breaks and may be able to offer help with light housework, collecting prescriptions, companionship, basic personal care and going out on social occasions.

To find out more, please contact the office on 0118 979 5324 or email [contact@wokinghamcrossroads.org](mailto:contact@wokinghamcrossroads.org)

## CAN YOU HELP RAISE FUNDS FOR CROSSROADS?

Launched in 2009, **Localgiving** helps local charities to diversify their income through online fundraising. <https://localgiving.org/>

Under their 'Grow Your Tenner 2018' Campaign Localgiving agreed to match a donor's monthly donations by up to £10 for a full 6 months. This has closed 4 weeks early because the whole £100,000 match fund pot has already been allocated.



Don't worry, if you'd still like to support us please go to our donation page at: <https://localgiving.org/donationcrossroadscarewokingham>

You can choose how much you would like to donate and can also, if appropriate, claim Gift Aid.

**WINTER CHALLENGE ANSWERS:** 1) Six, 2) Donner, which means thunder in German, and Blitzen, which means lightning.

## HOW TO CONTACT US

**CHRISTMAS HOLIDAYS 2018 - apart from the Bank Holidays we will be open as usual.**

Address: Crossroads Care Wokingham  
Wokingham Community Hospital  
41 Barkham Road  
Wokingham, RG41 2RE

	- 0118 979 5324
	- <a href="mailto:contact@wokinghamcrossroads.org">contact@wokinghamcrossroads.org</a>
	- <a href="http://www.wokinghamcrossroads.org">www.wokinghamcrossroads.org</a>