

## Crossroads Care Wokingham

Where Carers turn to

### CROSSROADS 26TH AGM

Our Annual General Meeting went ahead on Wednesday 13th November at the Sue Ryder Day Hospice.

Attended by the Mayor of Wokingham Borough Council, Cllr Bob Soane and the Mayoress Mrs Hilary Soane, this year's event covered both the formal business and informal 'fun'. Our guest, Staria Delilkhan led a series of 'roller' Tai Chi movements that certainly woke everyone up after the elections.

#### Facts & Figures 2018-19

- 86 new carers were referred & assessed
- we provided over 9,174 respite hours
- Annual Carers Survey - 87% of carers rated our service as excellent or very good, the rest were Good
- The main benefits brought to our carers were i) Peace of mind, ii) not feeling guilty about being away from their loved one and iii) having a better quality of life.

Thanks go as always, to our wonderful staff and Trustees. You can see our latest Annual Report [here](#) or just ask and we can send you one out.



The Mayor & Mayoress in action with Staria

### TIME TO THINK CARER!

The Election's over so "the job at Carers Trust is now to ensure that the needs of the UK's 7 million carers are put at the heart of the new government's work to reform social care, alongside those of working age people and older people.

That's because there are no better experts in social care than carers who live and breathe the system every single day. They have the experience of navigating fragmented services, overly complicated pathways and referral routes; and they understand what creates barriers and blockages to their own wellbeing, as well as that of the person they care for. Similarly, young carers and their families know that what they really need is greater identification and support.

On a positive note, the new administration has committed to extending the entitlement to leave for carers who are in full or part-time work. It's also good to see the incoming government

committing to begin cross party talks to find a long-term solution to the social care crisis within its first 100 days."

*Gareth Howells, CEO, Carers Trust*



We hope to have more to report on soon.

### WILL I CARE ?

You are just as likely to care unpaid for a loved one as own your own home, new figures show.

- Figures released for Carers Rights Day show two thirds of UK adults can expect to care unpaid for a loved one in their lifetime
- Women taking on caring responsibilities a decade earlier than men
- Carers UK calls for sustainable investment in social care to support millions of carers

Charity Carers UK has published analysis by the Universities of Sheffield and Birmingham of data from 2001 to 2018 which shows that two thirds (65%) of adults have cared unpaid for a loved one. This is similar to estimates showing 64% of the population own their own home.

To find out more see:



### NEW YEAR CHALLENGE

1. On New Year's Day 1993, which former country effectively split into two?
2. In which European country is it a tradition to jump from a chair right before midnight and also smash plates against friend's doors?

Answers on the back page.

# Crossroads Care Wokingham

## NEW YEAR FOR RESPITE PLUS ....

Over the last 3 years, support from the Triangle Trust Foundation has been given to review services, update training for our brilliant staff and make changes in order to be more sustainable i.e. to be there in the future for when you need us.



When you book a respite break, we may be able to offer practical help at home e.g. help with light housework, collecting prescriptions, companionship, going out on social occasions and basic personal care (toileting, washing & changing). There may be no charge if you receive a personal budget or Individual Service Fund (ISF) from the council, otherwise our hourly rates are very reasonable.

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

## 'ENJOY LIFE' FOR FREE



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, Stroke
- or are caring, unpaid, for more than one person?

Thanks to the Berkshire Community Foundation & The Pargiter Trust, we're thrilled to be able to offer a number of carers aged over 65, 10 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.**



## TWIDDLE MUFFS FOR YOU

The wonderful Linda Tillyer has knitted 5 absolutely beautiful Twiddle muffs for us to



handover to you if you're looking after a loved one who's affected by dementia.

Please don't miss out - call 0118 979 5324 now.

## BEST BREAKFAST RETURNS

The 4th Best Breakfast was held on 1st November 2019. Thanks to the support of Louise Jedra, Community Champion at Tesco's Wokingham and the hard work of our Fundraising Trustee Julia, we raised an incredible £310.



## NEW WAY TO RAISE FUNDS FOR CROSSROADS AT [smile.amazon.co.uk](https://smile.amazon.co.uk)

You can now help us to raise funds to provide free respite breaks to local carers through Amazon Smile.

When you shop at [smile.amazon.co.uk](https://smile.amazon.co.uk), you'll find the same low prices and huge selection as amazon.co.uk. The added bonus is Amazon will donate 0.5% of the net purchase price on millions of 'eligible' products to your chosen charity. These are marked "Eligible for smile.amazon.co.uk donation".

On your first visit to [smile.amazon.co.uk](https://smile.amazon.co.uk), select Crossroads Caring for Carers Wokingham as the Charity to receive donations from eligible purchases before you begin shopping. They'll remember your selection, so every eligible purchase you make after that at [smile.amazon.co.uk](https://smile.amazon.co.uk) will result in a donation.

Please see full details at: <https://smile.amazon.co.uk/about> or call the office and we can send information out.

**WINTER CHALLENGE ANSWERS:** 1) Czechoslovakia 2) Denmark

## HOW TO CONTACT US

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