

SUMMER UPDATE 2017



Crossroads Care Wokingham

Where Carers turn to

WHAT WE DO

Being constantly on duty with no time to yourself can be a strain on both your mental and physical wellbeing. Crossroads Care Wokingham provides local carers with peace of mind while you enjoy a well-earned break.

We offer:

1:1 Home Respite Breaks, Call & Care Support, Dementia Care, Overnight Breaks, Companionship for social outings & family events and Emergency Back Me Up.

As a carer you can have some precious “Me Time” to relax, take up a new hobby, socialise with your friends and family. The choice is yours!

FREE CARERS WORKSHOPS

If you are caring for someone living in Wokingham Borough you are invited to attend some of the following Carers Hub free workshops. A chance to learn with other carers in a relaxed setting.

- * Aromatherapy
- * Mindfulness or Meditation
- * Latin / Ballroom Dancing
- * Cooking
- * Reflexology
- * Creative Writing / Art for Beginners
- * Yoga / Tai Chi

Support for the person you care for may be available.

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

ask@berkshirerashub.org

EASYFUNDRAISING – IS AS EASY AS 1–2–3!

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, this includes Amazon, Sainsburys, John Lewis, Waitrose, Debenhams, Aviva, thetrainline, eBay, Aviva, and 02. 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.

How to do it

1. Go to <https://www.easyfundraising.org.uk/causes/crossroadscarewokingham> and register your account. If you have a smart phone or a tablet then download the FREE easyfundraising app from the App Store or Google Play Store and follow the instructions on screen.
2. YOU will need to remember every time you shop online, go to the easyfundraising link first to find the website you want and start shopping.
3. After you've checked out from your purchase, the retailer will make a donation to Crossroads for no extra cost whatsoever.

For a 60 second beginners guide on how easyfundraising works see: <https://www.easyfundraising.org.uk/raise-more/videos/>

TIPS FOR CARERS



Q. Caring for someone with dementia - what do you do if the person you are looking after insists they want to go home despite the fact they are now living with you?

Tip: Let them leave but follow them to make sure they are safe. After a short walk overtake them and ask if they are coming to see you? Then take them back home with you and have a cup of tea.

We want your experience to help many other local carers—please tell us about a tip that has worked for you.

Email: karen.mustard@wokinghamcrossroads.org or call 0118 979 5324.

Crossroads Care Wokingham

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



CARERS WEEK 2017

12th—18th June



The aim of this annual awareness raising week is to “highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.” The focus once more is on building Carer Friendly Communities, communities involving businesses and people from all walks of life providing support to unpaid carers and their cared for people.

Wokingham

Wokingham Outreach Carers Hub has organised fun filled events, an Information Day on Thursday, 15th June 10.00am - 2.30pm at the Coppid Beech Hotel (lunch provided) and a Boat Trip and Picnic in Windsor on Friday 16th June. Young Carers can enjoy a Water Activities Day on Saturday 17th June. For more information contact the Carers Hub on Tel: 0118 324 7333 or see <http://www.wokinghamoutreachcarersservice.org.uk/news---events.html>

Bracknell Forest

Signal4Carers has lots of events and activities for local carers, including advice and information stalls, discounts on activities and free Tai Chi, Yoga and Dance classes for beginners. A questionnaire is being used to reveal how supportive the local community is at recognising and supporting carers. Dates and times of all the Bracknell Forest planned activities can be obtained from 01344 266088 / see: <http://www.signal4carers.org.uk/bracknell-forest>

FUNDRAISING UPDATE

Over the last few months we have been working very hard to improve our funding to help more carers. We are grateful to have gained support from Citizen Watch UK Ltd, Sand Martins Golf Club and the Co-op Local Community Fund. We have also set up an easyfundraising page (see page 1) to raise more respite funds for you!



LOCAL COMMUNITY FUND

To fund the “Memory Lane” project and help us create resource packs to work with people with dementia.

How does it work?

You first need to register as a Co-op member.

Between 9 April to 7 October 2017 when you shop at a Co-op store:

- * 1% of everything you spend on Co-op products and services goes into your membership account
- * You can then choose to give your 1% to our Memory Lane project.

To find out more and/or to apply to be a member (which only costs £1) see: www.coop.co.uk/membership

Please don't forget to choose our Memory Lane project at <https://membership.coop.co.uk/causes/6805> as ‘your cause’ so that we can help out many more carers in need!

BEST BREAKFAST 2017

Britain's Best Breakfast is a fundraising initiative set up by Carers Trust to help the UK's 7 million unpaid carers.



Following the sizzling (sorry) success of last years Best Breakfast our very own Trustee Julia Tredwell has started planning for the second Best Breakfast feast on 27th October 2017.

If you would like to take part yourself please see: <https://carers.org/take-part-britains-best-breakfast>

HOW TO CONTACT US

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