



SUMMER UPDATE 2019

Crossroads Care Wokingham

Where Carers turn to



HEARD ABOUT THE NATIONAL GARDEN SCHEME?

The National Garden Scheme gives visitors unique access to over 3,500 exceptional private gardens in England and Wales, and raises impressive amounts of money for nursing and health charities through admissions, teas and cake. This includes Carers Trust.

The link between gardens, gardening and being outdoors with health and wellbeing has long been understood. Over 85% of National Garden Scheme visitors report that being in a garden has a positive impact on their mental wellbeing

Why not visit one of the beautiful gardens opened each year near you?

You can search by location and date on the National Garden Scheme's website.
<https://www.ngs.org.uk/>



FREE BBC SERVICES FOR PEOPLE WITH DEMENTIA

It's widely reported both TV and Radio can help as a reminiscence tool when you're caring for someone with dementia. Hearing the right song or seeing a favourite programme from the past can bring back happy memories and aid relaxation. These 2 free services from the BBC might be of interest.



BBC Music Memories offers the chance to listen to snippets of a wide range of music. It's easy to navigate with three large buttons titled Theme Tunes, Classical Music or Pop Music. See here: <https://musicmemories.bbcrewind.co.uk/>

The BBC's RemArc website, created in partnership with the Alzheimer's Society, includes radio and television programmes from the 1930's onwards. To make choosing what to watch/listen to easier it's divided into i) themes e.g. animals, childhood, people, TV shows etc and ii) decades. Each one offers a choice of photos, soundtracks/news footage and videos for the selected topic/time.



See: <http://remarc.bbcrewind.co.uk/index.html>

CARERS WEEK 2019 HELPS TO GET CARERS CONNECTED

Carers Week, held in June, is an annual awareness campaign which takes place to celebrate and recognise the vital contribution made by the UK's 6.5 million carers. It was set up by Carers UK 25 years ago.

- * 9 in 10 carers (91%) have missed out on financial and/or practical support because they didn't identify themselves as a carer.
- * Three quarters (78%) reported suffering from stress and anxiety as a result of missing out on support.



- * Thanks go to Wokingham Outreach Carers Service & Signal4Carers who arranged events in our area to bring carers together.
- * Our Vintage Emporium stall at Winnersh Fete on Saturday 15th June was a 'groovy' success. With your help we raised £112.

- * One in three unpaid carers has felt lonely or isolated because they are uncomfortable talking to friends about their caring role.
- * A further third (32%) feel socially isolated at work because of their caring responsibilities.



CARERS SURVEY 2019

Thanks to everyone who completed our 2018/19 Carers Survey. We were thrilled hear how much our respite services mean to you:



- ⇒ 87% of carers rated our services as Excellent or Very Good and 13% as Good
- ⇒ 91% of carers said having Crossroads to call on gave them peace of mind
- ⇒ 85% said, because of us, they didn't feel guilty taking a break
- ⇒ 82% said we improved their quality of life
- ⇒ 60% of carers think our Call & Care services have improved their health and well-being e.g. feel more relaxed and more able to deal with problems.

*"I work full time so having *** pop in to check on dad gives me huge peace of mind. I know *** really cares for dad & will make sure he is comfortable, warm and has something to eat."*

The worrying news is 69% of our carers said they themselves have an illness or disability that is affecting them e.g. arthritis, stress, heart problems, diabetes, high blood pressure. What's clear is how much harder this makes coping with an already challenging caring role!!

ACTIVITIES FOR PEOPLE WITH DEMENTIA

The Wokingham Borough Council Sports and Leisure team has a Dementia Friendly Activity programme for people living with dementia. It offers leisure activities, including health walks, tea dances, swimming, chair-based exercises and reminiscence based sporting memories/memorabilia sessions.



Held at venues across Wokingham borough it's a great opportunity to have fun and be involved with your local community :

Earley	Lower Earley	Hurst
Sonning	Wokingham	



Cost: Activities - £3.00 per session. Sporting Memories - £1.50 per participant.
If you'd like to attend as a carer you can do this for free.

For more information see [website](#), Email sport@wokingham.gov.uk or call 0118 974 3728.

FUNDRAISING UPDATE

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

Citizen Watch has once again made a very kind donation to support our work. We've also been nominated as their Charity of the Year for 2019/20. We're grateful to all their members of staff who have often undergone some challenging activities to raise funds for us e.g. at Halloween.



CITIZEN

HOW TO CONTACT US

Address

Crossroads Care Wokingham
Wokingham Community Hospital
41 Barkham Road
Wokingham
RG41 2RE



0118 979 5324



contact@wokinghamcrossroads.org



www.wokinghamcrossroads.org