

WINTER 2016



Crossroads Care Wokingham

Where Carers turn to

HOW WE CAN HELP YOU

Established in 1994 Crossroads Care Wokingham has, for the last 22 years, provided local carers with peace of mind. Being constantly on duty with no time to yourself can be a strain on both your mental and physical wellbeing.

We can help with:

- * 1:1 Home Respite Breaks
- * Overnight Breaks
- * Companionship, social outings & family events
- * Emergency Cover

Please contact us for more information.

"I would just like to say that the service is a lifesaver for me. I look forward to it every week and it's great to do my own thing for those 3 precious hours."

CARERS SURVEY 2016

Thank you to everyone who returned the Annual Carers Survey. Your feedback is vital for making sure we continue to provide the right kind of help that matters to you.

The results show that for carers using our services:

93% get peace of mind from our visits

77% feel their quality of life is better

63% use the breaks to relax

81% go shopping

47% spend time with their friends

93% receive a weekly day visit

93% rate our services as Excellent & Very Good

88% would recommend us to their friends/family

"All your carers are especially good in their job and are always prepared to go that extra mile."

WHAT'S NEXT?

The findings from our recent Annual Survey show that there is interest in us developing our respite care services to include:

- * Carers Socials
- * Extended respite breaks, including weekends
- * End of life care for Carers

We are currently looking for funding to be able to provide this much needed support.

An update will be available soon.

CARE QUALITY COMMISSION

It takes great pleasure to announce the news that, following our September 2016 Inspection, we have been awarded a 'GOOD' rating by the Care Quality Commission.



SEASONS GREETINGS

Wishing you all the best for the festive season and lots of happiness in 2017.



CHRISTMAS OPENING HOURS

Apart from Bank Holidays and weekends the office opening hours are as usual:

OPEN 9.00am

Office Closed 4.00pm

Crossroads Care Wokingham

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

CROSSROADS ANNUAL GENERAL MEETING

Our Annual General Meeting (AGM) was held on Wednesday 19th October at Sue Ryder Wokingham Day Hospice, at Wokingham Community Hospital.

During 2015-16 we provided over 1,500 care hours offering essential breaks to adult carers whose lives have been affected by the pressures of their caring role. We also supported 50 young carers over the year.

We were honoured to have the Mayor, Councillor Bob Pitts, and the Mayoress, Mrs Val Pitts in attendance who spoke about the commitment Wokingham Borough Council has for the 13,500 plus carers who live in the area.

Mr Don Johnson then spoke with affection about his time spent caring for his beloved late wife Phylis. A time filled with many happy memories and many challenges that he managed to overcome, aided by the Crossroads Care Wokingham carers support workers.

As part of the formal business the elections saw the retirement of our long standing Chairperson Dr Christine Byrne. Christine has been replaced by Maureen Meatcher who will lead the challenge to make sure the Crossroads Care service goes from strength to strength over the coming years.

Our thanks also go out to our funders and supporters without whom we would not be able to provide essential respite breaks to help the many carers in need and the people they care for.



JOIN WOKINGHAM CARERS HUB

The new Carers Hub in Wokingham provided by Carers Trust East Midlands was officially launched in November.

They can help you with:

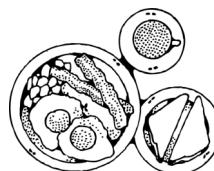
- * Signposting to other organisations
- * Information, Advice & Guidance
- * Short break accommodation
- * Access to Carers Support Groups
- * Free health and well-being memberships
- * Carers Grants
- * Peer Support
- * Free training and carer support
- * Carers Smart' benefits and discounts

To find out more please contact:

ask@berkshirecarershubs.org or call: 0118 324 7333
Monday to Friday, 9am—5pm

BIG BREAKFAST RAISES FUNDS FOR CROSSROADS

The Best Breakfast organised by one of our trustees, Julia Tredwell, was held in her own home on 14th October.



In addition to providing a wonderful start to the day for all who attended it also raised an amazing £387 that will be used to help our carers looking after someone with life-limiting illnesses.

Julia would like to thank everyone who generously supported the morning. It is hoped it will become an annual event to raise much needed funds to continue our respite services.

HOW TO CONTACT US

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