

# Tü Vida

Supporting your life

Newsletter May—June 2021



Reading & West Berkshire  
Carers Hub

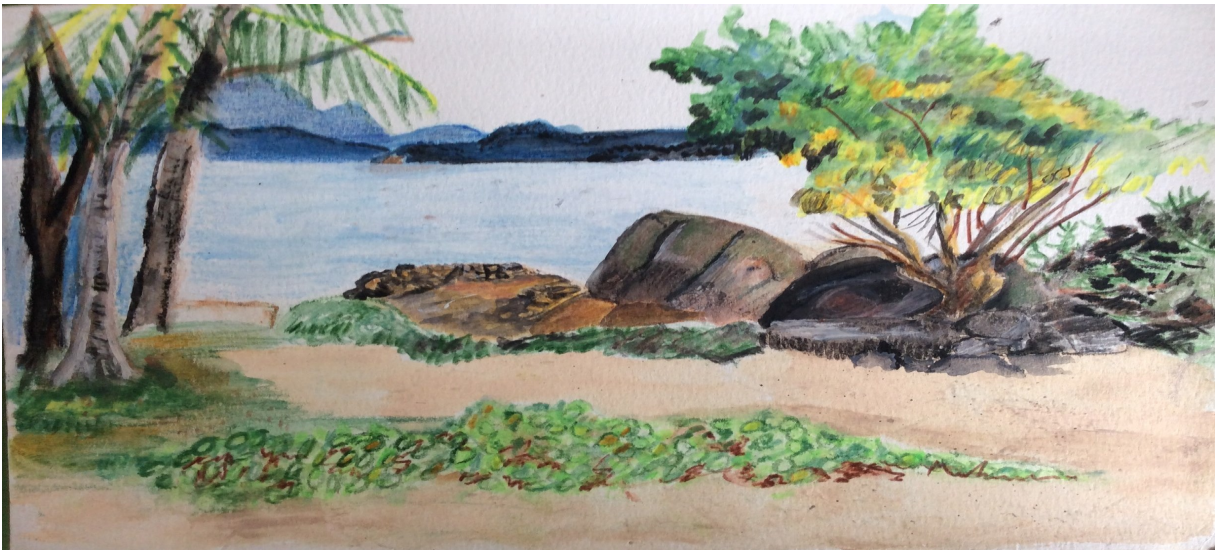


Wokingham  
Outreach Carers Service



7 - 13 June 2021  
Make Caring  
Visible and Valued

[carersweek.org](http://carersweek.org)



We would like to thank Suzy Liew for her beautiful pictures she has drawn with Chalks and pencil crayons of Cornwall St Agnes and for letting us show them off. I will be adding a different picture each month for you all to see .

We are looking to reduce the amount of newsletters being sent out by post to help with the environment and to keep you up to date with what is going on.

If you have an email address and are happy for us to use this for future communications, please let us know.

[berkshire@tuvida.org](mailto:berkshire@tuvida.org)



**Carers Week 5<sup>th</sup> – 13<sup>th</sup> June**  
**Adult Carers, Young Carers &**  
**Families**  
**are all welcome to join us!**



 **Wokingham Outreach Carers Service**

 **Reading & West Berkshire Carers Hub**



**Join us for a week of virtual health, wellbeing & fun activities 2021**

Date	Details	
<b>Saturday 5<sup>th</sup> June</b>	1	Nourished Minds - Cookery group with Chefs Laura and Henry from 11 -1pm
	1	Breathe body and Mind. Yoga (floor & seated) with Harpal Sahota from 10.30 - 11.30 am
<b>Monday 7<sup>th</sup> June</b>	2	Afternoon Tea with Shelley - Chat with a nice cuppa from 12-1pm
	3	Nicky Phull from Citizen Advice Wokingham talk about volunteer opportunities that can help towards increased employability from 1- 1.40pm
	4	Claire Shrophall from Oxfordshire Mind to intro/overview of what the wellbeing service is and how carers can access support from 2 - 2.40pm
	5	Nina Crispin from Reading Borough Council will be doing a talk on 5-ways to Wellbeing from 3 - 3.30pm
	6	Lesley Buckland the Commissioner for Wokingham Borough Council talks about the Carers strategy from 3 - 3.40pm
	7	Laura Brooks from Sports in mind talks about the sessions they run and the benefits of being active 4 - 40pm
	8	Bingo - Need to book by 4pm on Friday 4 <sup>th</sup> June so we can send out the slips so you can take part from 7.30 - 8.30pm
	1	Helen Dean from Connecting Communities in Berkshire talks about Saving £££'s on your gas and electricity bills from 9.30 - 10.10am
	2	Pilates with Patricia Lajtaj from 10 - 11am.
	3	Feet massage with Sue Player from 11-12pm
	4	Journey through Caring. An opportunity to chat with other carers and share experiences with Vinnette Campbell from 11 - 12pm.
<b>Tuesday 8<sup>th</sup> June</b>	5	Speak Clearly workshop - Have you ever wanted to speak more clearly, with power, authenticity and passion to show professionals how valued you are? to book a place - <a href="https://www.notacareintheworld.co.uk/event-details/speak-clearly">https://www.notacareintheworld.co.uk/event-details/speak-clearly</a> from 11 - 12.30pm
	6	Care 2 Sing UK - Vox Skool with vocal coach Victoria Beebee from 2 - 2.40pm. You will need to contact <a href="mailto:info@voxskool.com">info@voxskool.com</a> . For lyric sheets in advance.

	7	Josh Hancock from Optalis talks about Getting back into Employment from 4 - 4.40pm
Wednesday 9 <sup>th</sup> June	1	Hand and nail care with Sue Player from 10 - 11am
	2	Talk with Jill Jacobs from Auriga at 11 - 12pm
	3	Afternoon TEA with Steve - Chat and a cuppa from 12 - 1pm
	4	Talk with Karen Ive from YPWD, at 12 - 12.40pm
	5	Sarah Waddingham, Professional Counsellor. Join Sarah for a session of Mindful exercises, with visualisation and breathing techniques, to help you relax and improve your wellbeing. From 1 - 2pm.
	6	Bingo - Need to book on by 4pm on Tuesday 8th June so we can send out the slip for you to take part. From 1.30 - 2.30pm
	7	Fiona Price from age uk Berkshire Will be doing a talk on the service they provide. From 3 - 3.40pm
	8	Talk with Matt Taylor the Chief Officer from Age UK Reading, 4 - 4.40pm
	9	Live music with Stephen Roper - Enjoy a gig from your sofa. From 7-8pm
Thursday 10 <sup>th</sup> June	1	Moving and Handling with Sue Player. From 10 - 11am
	2	Breathe/Relax/Reset workshop - Simple, yet effective: a journey to deepen your relationship with yourself using the breath. To book a place - <a href="https://www.notacareintheworld.co.uk/event-details/breathe-relax-reset-1">https://www.notacareintheworld.co.uk/event-details/breathe-relax-reset-1</a> . From 10.30 - 12pm
	3	Joanna Dixon from Healthwatch Talks about Who are Healthwatch? How they can help carers. From 11 - 11.40pm
	4	Face to face afternoon tea with Janine - Wokingham carers Only. <b>TBC</b>
	5	Caring Made Visible Workshop - This interactive session explores the role of a carer today in the wider social context. With information and exercises to help you as a carer gain perspective and feel more valued to book a place - <a href="https://www.notacareintheworld.co.uk/event-details/caring-made-visible">https://www.notacareintheworld.co.uk/event-details/caring-made-visible</a> . From 2 - 2.30pm
	6	Becky from Artificiation "A photography workshop". 2.30 - 3.30pm
	7	Karen Artree from Wokingham Council talks about Direct payments. From 3 - 3.40pm
	8	Geoff Hammond from Remap Talks about the service they provide. From 4 - 4.40pm
	9	Feeling energetic? Then why not join Jarnail Singh for Bhangra dancing from 6 - 6.30 pm



<b>Friday 11<sup>th</sup> June</b>	1	Floor Yoga with Harpal Sahota from 9- 10am.
	2	Enjoy a Zumba class followed by some Tai Chi with Soranny Perone from 10 - 11 am.
	3	Coffee with Christine. From 12 - 1pm`
	4	Mindfulness During Lockdown and Beyond with Soranny Perone from 2.30 - 3.30pm..
	5	Carers Cake off results. See the poster. From 4 - 4.40pm
	6	Quiz Night. From 7 - 8pm



All sessions will run on Zoom/ MS Teams. A laptop/tablet/smart phone with speaker & camera are required. For the links required to book onto a session, please contact us on

Tel no: 0118 324 7333 or email: [berkshire@tuvida.org](mailto:berkshire@tuvida.org)



# Carers big bake off

Ready to show off your cake decorating skills with this creative and fun competition



If you would like to enter, all you need to do is decorate a cake and send us a picture either by post or email.

**All entries need to be in by 11am on Friday 11th June**

We will be picking a winner on **Friday 11th June at 4pm via zoom.**  
All entries will receive the zoom logins.

**For entries Email [shelleymills@tuvida.org](mailto:shelleymills@tuvida.org) or post to  
TuVida unit 14 Albury Close Reading RG30 1BD**

## **Great news, we will be starting the Herb garden from home in July**

**If you have already been added to the waiting list we will be in touch very soon. There are still a few spaces left if you are interested.**



**If you are interested or would like to know more please email [shelley mills@tuvida.org](mailto:shelley mills@tuvida.org) or call the hub on 0118 3247333**

## **Carers Library**

**Thank you to everyone for all the donated books for the carers library. I am going to put an hold on donations for now to give myself time to catalogue them.**





## **Ready Friends Befriending Forum**

**Next Forum - 24 June "A Warm Welcome**

**To book see link**

**<https://www.eventbrite.co.uk/e/ready-friends-befriending-forum-tickets-149848201003>**

## **NEW! Over 50s Coffee Mornings**

**Age UK Berkshire, Jamaica Society & Friends, Reading Elderly Befriending Service and SVGA Reading are organising coffee mornings every Monday for the over 50s.**

**To book see link**

**<https://drive.google.com/file/d/18kDxtZM-cASDJhNxDdUaMzHSK/view>**

**Or call on [0118 959 4242](tel:01189594242)**

## **Coop Local Community Fund**

**30 May deadline. For projects helping people access food, improve mental wellbeing or provide opportunities for young people**

**To apply see link <https://causes.coop.co.uk/>**





**A voice for families of children and young people with special educational needs and/or disabilities**

**Are you a parent carer of a disabled and/or special needs child?**

**Do you want to talk to others in the same situation and have your say in shaping services?**

**Then join us for an on-line video session via Zoom and talk with Denise Challis of Parenting Special Children about managing aggression from your child/young person.**

**Wednesday, 16th June 2021, 11.30 am - 12.45 pm**

**Denise will help you find strategies to help manage your child's/ young person's aggression to others.**

**To book your place, please email [fran.morgan.rff@gmail.com](mailto:fran.morgan.rff@gmail.com) or telephone/text on the**

**07516 185380 and they will let you know the appropriate log-in details for the call.**



## **Sent on behalf of RABBLE Theatre**

### **The RABBLE Theatre Hardship Fund**

**RABBLE theatre are a multi-award winning professional theatre company based here in Reading. They've become well known for their productions that focus on Reading's history and take place inside the actual buildings that the events took place in.**

**Recently, in order to ensure that everyone can access their work, the company established the RABBLE Hardship Fund. Here's what their artistic director, Toby Davies, has to say about it:**

**"The aim of the Hardship Fund is to make sure that everyone can access our work. You may want to send your child to our Saturday School, or you yourself might fancy a term of Get Up On Stage, the adult acting school. Perhaps you want your community group or school to come to a production. Whatever it is, you can apply to us and we'll see if we can help. You can apply for 50% of 100% of the cost of your ticket(s) / fees."**

**To apply, either send RABBLE a video or an email to [info@rabbletheatre.com](mailto:info@rabbletheatre.com), explaining;**

- who you are**
- why you want to attend**
- a little about why you can't afford our prices.**

**\*If you are applying to the fund for all or part of your fees, please state so on your enrolment form.**

Rah Rah Theatre Company Presents

# ROCK AROUND THE CLOCK

**5th July - 27th August 2021**

Brought to you in the comfort of your centre, Rock Around The Clock is a comic musical tale set in the 50's. You will see the actors jive and sing all the popular tunes of that time. The show has been devised to whisk audiences back to this memorable era allowing them to participate and reminisce.

Contact Rah Rah Theatre Company on:

**07944 868 358**

rahratheatre@hotmail.com

**Maestros will be starting online singing groups**

**Check out the link below**

<https://www.youtube.com/watch?v=pdnkJSDvoh0&t=1819s>



*...teaching music, changing lives!*

### Crossroads Care Wokingham

Wokingham Crossroads provides both practical home help and respite breaks to support unpaid carers and to assist with Contingency planning in Wokingham, Bracknell Forest and surrounding areas. For more information, please contact the office .

Tel: 0118 979 5324

[www.wokinghamcrossroads.org](http://www.wokinghamcrossroads.org)

Email [contact@wokinghamcrossroads.org](mailto:contact@wokinghamcrossroads.org)



### TuVida Reading Carers Respite

Respite care involves the provision of professional care that enables the unpaid carer to have time off. This could be by providing support to the cared for person in their home, or out in the community, doing an activity of their choice

The service is for carers who look after someone over the age of 18 and is available 7 days a week, including evenings

Our care plans are always individualised, in response to the unique requirements of people needing care and their families

For more information please Call 0118 945 4209 or visit our website at [www.tuvida.org](http://www.tuvida.org)



### Crossroads Care West Berkshire

Crossroads Care West Berkshire is a domiciliary care agency providing care and support to people who live in the community. They offer a flexible and varied service to people who care for others by supporting the people they care for.

Broadway House, 4-8 the Broadway

Newbury

RG141BA

0163530008

[care@oxfordshirecrossroads.org.uk](mailto:care@oxfordshirecrossroads.org.uk)



West Berkshire



# Chorizo bean burgers



**PREP TIME : 10 Mins**

**COOK TIME : 16 Mins**

## INGREDIENTS

- 100g mini cooking chorizo , skins removed
- 3 pork sausages , squeezed from their skins
- tsp smoked paprika
- 1 tbsp lime juice , plus wedges to serve
- small bunch coriander , chopped
- 400g can mixed beans , drained and rinsed
- 1 medium egg , lightly whisked
- 1 tbsp olive oil , plus extra to drizzle
- 2 ciabatta rolls, split and toasted
- soured cream, avocado, small handful rocket and chips , to serve (optional)

If there is anything in this months news-letter you would like us to send you more information on please contact us

**Tel:**

**0118 324 733**

**Email :**

**[berkshire@tuvida.org](mailto:berkshire@tuvida.org)**

## Method

### STEP 1

In a food processor, pulse the chorizo, sausagemeat, paprika, lime juice and coriander until well combined. Add the beans and some seasoning, and quickly pulse again to mix. Tip into a bowl and mix in just enough egg (about half) to bind. Shape into 2 fat burgers, cover and chill for 15 mins. Meanwhile, heat oven to 200C/180C fan/gas 6.

### STEP 2

Heat the oil in a pan and fry the burgers for 3 mins on each side. Transfer to a baking sheet and cook in the oven for a further 10 mins until cooked through.

### STEP 3

Serve the burgers in rolls with soured cream, avocado and rocket, with chips and lime wedges on the side, if you like.