



September / October / November 2019

What's on in September?

Free Chess Course for families affected by cancer



Macmillan is running a free, friendly chess course every Tuesday from 10th September to Tuesday 19th November, 4:30pm to 5:30pm. The course is suitable for total beginners.



Open to anyone living with or affected by cancer including; those undergoing treatment, survivors, relatives and friends.

Earley Crescent Resource Centre, RG6 4HB.

Parking on site or use the 21 and 19b Reading buses.

Jon Lloyd Tel: 01344 454000 or jonll58@btinternet.com.

Celebration of Recovery- Wednesday 11th Sept

We would like to invite you to join us at our Fun Day for a 'Celebration of Recovery' to say Happy 50th Anniversary to Cranstoun and bid farewell to IRiS.

The event will be held in Prospect Park, 12pm to 4pm, next to the main car park with a funfair, activities, and refreshments.

This event is open to everyone, including; service users, family, friends and professionals

Contact Grace Turner for more details 0755 754 2120



ReadingServicesGuide

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Open Day at the Maples Centre- Wednesday 11th September 2019

The Maples Centre provides Day Services for older people in Reading.

Come and find out more at the open day, 11am –3pm.

Rivermead Leisure Complex, Richfield Avenue, Reading RG1 8EQ

The centre offers a fully supported day service for anyone who requires support to take part in social & leisure activities. It also gives people the opportunity to get out of the house, meet other people & make new friends.

For more information please call Ellie on 0118 9374525



Saturday Lunch and Social for pensioners- Saturday 21st Sept

The Senior Cooks invite all Reading pensioners to lunch!

Saturday 21st Sept. 1pm & Saturday 23rd Nov. 1pm

Christ the King Church Hall, Northumberland Ave. RG2 8NR

Booking is essential to ensure that there is enough food!

Please telephone: Dee: 0776 5553 255 or Evie: 0793 2578 832



Reading Town Meal in the Forbury Gardens- Saturday 28th Sept

All the food is donated by local growers and allotment holders and cooked by Reading College students. Lunch is free to the first 1,000 lucky diners. The meal is vegetarian, and where possible there are vegan options.

There will also be live music, family activities, workshops and information stalls.



For more information:

Email: caitlin@risc.org.uk

Visit: www.readingtownmeal.org.uk/

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Angelic Craft Fair- Saturday 28th September

St Michael's church, Tilehurst, is a Grade II listed building with many artistic and historic items including a William Morris/Burne-Jones window.

There will be a variety of artistic crafts people at the fair, ranging from glass makers to wood turners, to show and sell their goods. There is no entry charge but donations will be gratefully accepted. Refreshments are available all day. Event 10am-4pm

Everyone is welcome and the event will be fully accessible for wheelchair users.

If you require any further information, please contact the church office on: 0118 9427331

Email: office@stmichaeltilehurst.org.uk

Facebook: @StMichaelsTilehurst



Older People's Day - Monday 30th Sept



Reading will be celebrating the contribution of 50+ residents at the Broad St Mall.

There will be information stands, live choirs and music plus much more!

For more information:

Call: 0118 937 2383

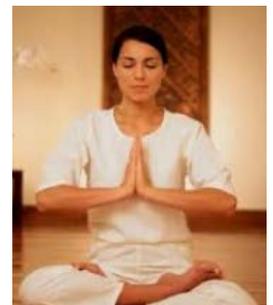
Email: opwg@reading.gov.uk

What's on in October?

Yoga Classes at Hexham Community Centre

Yoga Classes every Monday from 9:45am to 11:00am. Contact Phillip: 0118 3751172

Hexham Community Centre, 1A Bamburgh Close, Reading, RG2 7UD



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CAP Life Skills Course starts Wednesday 2nd October 10:30am-1:00pm

If you want to stay on top of your household bills, see your money go further, eat well on a budget or grow in self-confidence, then CAP Life Skills is for you! Free 7 week course.

Woodley Hill House, Eastcourt Avenue, RG6 1HH. Parking available on site.

To book a place please contact Kate Bond:

Email: katebond@capuk.org or call 07419 740693



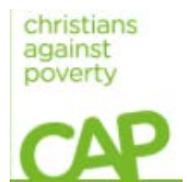
CAP Employment Steps Course starts Wednesday 2nd October 10:30am-1:00pm

Free 8 week course covering areas such as finding your strengths, CVs, covering letters and interviews. Friendly, practical support to help you step confidently into employment.

Woodley Hill House, Eastcourt Avenue, RG6 1HH. Parking available on site.

For more details contact George Mullen:

Email: georgemullen@capuk.org or call 07795 4247142



Silver's Workshop Open Day- Sunday 6th October



The Silvers' Workshop are holding an open day from 11am until 3pm to showcase the activities and projects the workshop undertakes.

Tea, coffee, cakes and biscuits will be provided and served by Asda's Community Champion. All welcome.

37 Hilcot Road, Reading, RG30 2SX

Email: openday@theilsvrworkshop.org.uk Visit: thesilversworkshop.org.uk

Arnhem Clarinet Choir- free concert Thursday 17th October

Arnhem Clarinet Choir are an internationally known choir from Holland. They are in Reading to celebrate their 30th anniversary with a free concert. There will be an additional performance at Greyfriars Church.

Christchurch, Christchurch Road, RG2 7AR

To book a place email: martinc.butler63@yahoo.co.uk or call: 07949948310



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Mental Health First Aid (MHFA) teaches you to spot the signs and symptoms of mental ill health and provide help. MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond- even in a crisis.

Mental health problems cover a wide range of issues - including substance abuse.

- Spot the early signs
- Feel confident offering help
- Guide someone towards the right support
- Help prevent someone from hurting themselves or others
- Help someone recover faster
- Help stop a mental illness getting worse

For more information or book a place please contact Reading Community Learning College
Call: 0118 959 5455 or email: rclcshaheen@gmail.com

The recommended price is £300- these places are subsidized it to £130 per place.

Primary Care Networks Presentation 30th October 6pm

Leading Reading GPs will be introducing their vision of Primary Care Networks. There will be opportunities for questions and discussion.

Primary Care Networks will be new groupings of GP practices serving 30,000 to 50,000 patients. The networks will be able to employ a broader range of health professionals and deploy more administrative skills to apply to the care of patients. For more information on Primary Care Networks visit:
<https://www.england.nhs.uk/primary-care/primary-care-networks/>



Friends Meeting House, 2 Church Street, RG1 2SB

Email: info@glossa.co.uk Call: 07963 815 599

What's on in November?



Carer's Rights Day on Thursday 21 November 2019

Do you help look after a relative or friend? You might be an unpaid carer, and you can find out more about what this means and learn what help and support is available. Details of the event to be confirmed.

For more information please contact Carers Hub

Call: 0118 342 7333 or email ask@berkshirecarershub.org

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Winter is Coming...



Now is the time of year to start preparing your home to be ready for winter.

Reading Borough Council's Winterwatch team can visit you at home to advise you on your energy bills and provide you with some tips on keeping the house warm.

If you are over 65, have young children or a long term health condition then please contact the team to see if you are eligible for support.

There's no need for anyone to freeze this winter so please look out for your neighbours- share this information and help keep everyone warm!

For more information call: 0118 937 3747

email: winterwatch@reading.gov.uk or visit us at: www.reading.gov.uk/winterwatch

Keeping Well



The colder months usually bring coughs and sneezes but did you know that smoking can make symptoms worse and/or make harder for you to recover even from a common cold?

If you've been thinking about quitting smoking, a smoke free life could be closer than you think. Why not visit:

www.smokefreelifeberkshire.com/how-to-quit/ to book an appointment at one of our clinics around Reading or call 0800 622 6360 to find out more and see what support is out there.



The flu is more than a bad cold and it can be very serious especially for children, those over 65, pregnant women or have a long term health condition. Far worse than any side effects you might get for a few days after the jab. To check whether you are eligible see:

www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/.

For more information about the free flu jab, speak to your GP or pop into your local pharmacy for more information.

Caring for someone? If you are the main carer for someone who is elderly or disabled, speak to your GP or pharmacist about having a flu vaccine along with the person you care for.

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