**What’s on: Christmas 2018 in Reading**

<table>
<thead>
<tr>
<th>What</th>
<th>Time</th>
<th>Where</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer:</td>
<td>Any time</td>
<td>Your choice!</td>
<td>0118 937 2273 3rd floor central library <a href="http://rva.org.uk/">http://rva.org.uk/</a></td>
</tr>
<tr>
<td>At a Christmas dinner; for a neighbour; or find something new for 2019 with Reading Voluntary Action</td>
<td></td>
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<tr>
<td>Lots of energy? Sign up for a park run</td>
<td>Saturdays 9am</td>
<td>Prospect Park and Thames Valley Park</td>
<td><a href="http://www.parkrun.org.uk/reading/">http://www.parkrun.org.uk/reading/</a></td>
</tr>
<tr>
<td>Photography: Make the most of the quiet to get out and about with the camera</td>
<td>Anytime</td>
<td>Your choice!</td>
<td></td>
</tr>
<tr>
<td>Round Reading Walks</td>
<td>Anytime</td>
<td>Various locations</td>
<td><a href="http://www.roundreadingwalk.co.uk/walks-around-reading/">http://www.roundreadingwalk.co.uk/walks-around-reading/</a></td>
</tr>
</tbody>
</table>
Christmas for one?

Enjoy tucking into a good Christmas dinner but can’t be bothered to cook for one? Join in the fun at one of these community dinners! Booking in advance is essential; please call early not to be disappointed.

<table>
<thead>
<tr>
<th>What</th>
<th>Where</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Salvation Army</td>
<td>Anstey Road</td>
<td>Matthew Stone</td>
</tr>
<tr>
<td>Reading Central</td>
<td></td>
<td>0118 958 3019</td>
</tr>
<tr>
<td>Older people only</td>
<td>RG1 7JR</td>
<td>Email: <a href="mailto:matthew.stone@salvationarmy.org.uk">matthew.stone@salvationarmy.org.uk</a></td>
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<tr>
<td>Volunteers needed</td>
<td></td>
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<td></td>
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<tr>
<td>Parkside Bupa Care Home</td>
<td>Parkside Road</td>
<td>Parkside Care Home</td>
</tr>
<tr>
<td>Home</td>
<td>RG30 2DP</td>
<td>0808 115 4520</td>
</tr>
<tr>
<td>Older People only</td>
<td></td>
<td>Email: <a href="mailto:events@bupa.com">events@bupa.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salvation Army, Reading West</td>
<td>522 Oxford</td>
<td>Linda Charlton</td>
</tr>
<tr>
<td>All ages</td>
<td>Road</td>
<td>01189 575394</td>
</tr>
<tr>
<td>Transport available</td>
<td>RG30 1EJ</td>
<td>Email: <a href="mailto:linda.charlton@salvationarmy.org.uk">linda.charlton@salvationarmy.org.uk</a></td>
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<td></td>
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<tr>
<td>Grace Church</td>
<td>119 Peppard</td>
<td>Cathy Lamsdale</td>
</tr>
<tr>
<td>All ages</td>
<td>Road</td>
<td>01189 474529</td>
</tr>
<tr>
<td>Transport not provided</td>
<td>Caversham</td>
<td>Email: <a href="mailto:office@gracechurchcaversham.org.uk">office@gracechurchcaversham.org.uk</a></td>
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<tr>
<td></td>
<td>RG4 8TR</td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>The Link Visiting Scheme</td>
<td>Wokingham</td>
<td>Marjie Walker</td>
</tr>
<tr>
<td>All ages</td>
<td>residents only</td>
<td>01189 798019</td>
</tr>
<tr>
<td>Volunteers and donations needed</td>
<td></td>
<td>Email: <a href="mailto:marjie@linkvisiting.org">marjie@linkvisiting.org</a></td>
</tr>
</tbody>
</table>
Volunteer with communitychristmas.org.uk

Community Christmas is a website that was set up by a Berkshire volunteer. You can search for events to volunteer at on Christmas Day or find activities for someone that you are worried may be isolated.

It’s cold outside...

Living in a cold home can seriously affect your health. If you are on a low income, have young children, a disability or are aged over 60 you might qualify for help from Winterwatch.

As well as helping you to heat your home, Winter Watch can also signpost to other services that might be able to assist you and your family.

Please look out for your neighbours and share this information to help everyone keep warm!

For more information call: 0118 937 3747
email: winterwatch@reading.gov.uk or visit us at: www.reading.gov.uk/winterwatch

www.powercut105.com

Call 105 for free to report a power cut or damage to power lines and help speed up repairs. If you’re on the priority register continue to call your regular number.
Tips for a stress free Christmas

These tips were put together by the Alzheimer’s Society for people with dementia but we think they will help to reduce stress for everyone!

1. Get involved
From something as simple as hanging a bauble on the tree to doing a spot of Christmas shopping- there are ways for everyone to get involved.

2. Create a quiet room
A large number of guests can be overwhelming, so ask family and friends to spread out their visits. If things do get busy, designate one room in your house a 'quiet room' where people can relax and have time out.

3. Bring back old memories
Whether it’s an old song, a classic Christmas film or a family photo album find a nice way to spend time together.

4. Be mindful of food
Although many people eat a lot at Christmas, a full plate can be daunting. If you’re doing the serving, try not to overload the plates.

5. Stay flexible
Let go of expectations and just see what happens!

Reading Alzheimer’s Society
Phone: 0118 959 6482
Email: berkshire@alzheimers.org.uk

Older People’s Working Group- 14th Dec 2pm

The Older People’s Working Group meets every 2 months in the council chamber to discuss issues affecting older people living and working in Reading.

Friday 14th December is the Christmas meeting, with a more relaxed agenda to celebrate the group’s achievements over the past 12 months. It’s a great time to visit the group and see if you’d like to be involved.

Drop in or contact the Wellbeing Team: 0118 937 2383 Email: opwg@reading.gov.uk

Reading Services Guide

Social groups ★ lunch clubs ★ activities ★ support ★ services.
Visit www.reading.gov.uk/servicesguide or call 0118 937 3747
Caring for a loved one?

Reading and Berkshire West Carer’s Hub can help carers aged 16 and over to apply for grants of up to £300, for activities and items that will benefit them in their caring role.

- Breaks for carers, with or without the person they care for
- Items for the home including electrical items, beds etc.
- Driving lessons and other travel costs relating to caring roles
- Courses to develop carers skills and personal development
- Home repairs
- Short term or time limited replacement care

Tel: 0118 324 7333    Email: ask@berkshirecarershub.org

Support if you’re at risk of homelessness

Every year, during the winter months and over the Christmas period, Reading Borough Council and its partners offer extra emergency beds and support to ensure that nobody has to bed down on the street in freezing conditions.

A new model for Homelessness Support Services in Reading was launched this September to include an outreach team focussed on supporting rough sleepers into accommodation; emergency/assessment beds; supported accommodation options and a tenancy sustainment service.

If you find yourself sleeping rough, or have concerns for someone else, alert Reading’s Street Outreach Service

Alternatively, contact the Homelessness Prevention Team

01189 372165

Free Living Advent calendar- 1st Dec to 25th Dec

From singalongs to craft workshops, wicked and naughty shows to traditional family entertainment, there’s something for everyone.

www.magicalreading.co.uk
2019 Wellbeing Event

New Year is often a time for reflection on our physical health. We join gyms, go on diets and make commitments to ‘do more’.

The Compass Recovery College wants to encourage you to think more holistically and take a compassionate look at your mental wellbeing too.

Join an event with information about fantastic courses in wellbeing, creativity and life skills. It’s going to be a fun day with interactive activities, talks and freebies and a range of organisations and information.

Registration and courses are free and open to everyone.

Check the website for details and updates https://www.compassrecoverycollege.uk/
0118 937 3945

Stay Well This Winter

- **Eat well**: fruit and veg help fight off winter bugs.
- **Stay Active**: that doesn’t mean going for run! Just keep active around the house or go for short brisk walks.
- **Stay hydrated**: the cold makes it easy to forget to drink enough but even tea and fruit will help!
- **NHS 111**: call for advice, they can get the help you need if you need it.
- **Take medicine as prescribed**: at this busy time of year it’s easy to forget. Keep an eye on your schedule and plan ahead.
- **Don’t wait to feel worse**: your local pharmacy team are experts on the signs and symptoms of winter bugs so talk to them, even if you’ve just got a cough or a cold.
- **Flu jab**: remember to look after yourself. Pop into your local pharmacy and talk to them about having a jab. Don’t forget to check if you are eligible for a free one! For more info visit: https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/

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Monday Bat and Chat at Broad St Mall

The Broad St Mall now has a Ping Pong parlour and Monday 17th December is Bat and Chat!
Come along to get fit and have a friendly chat with other players.
Boswells cafe are also offering a special deal to participants for a hot drink and a cake.
Just drop in or for more information contact Nick Rance:
07702892518
Email: nick.rance@getberkshireactive.org

Victorian Christmas Grotto at Abbey Gateway

Step back into Christmases past and make a traditional decoration for your home.
Compose a letter for Father Christmas and receive a special gift before you leave.
15th December: 10am, 10.45am, 11.30am, 1pm, 1.45pm, 2.30pm.
Visit website for more details www.readingmuseum.org.uk/museum/whats-on
0118 937 3400

£5 per person booking is essential. Takes place at Abbey Gateway

Consultation Events in Reading- have your say

Changes to concessionary fares for older people- closes 19th Dec
The council would like to hear from people who use Readibus on their views about ending the free use of the ReadiBus service for Older Person Pass holders.
https://consult.reading.gov.uk/dens/changes-to-the-concessionary-fares-scheme-for-olde/

Use of Public Health Grant- closes 6th Jan 2019
There is an event at RISC café on Tuesday 18th Dec 10:30am to find out more
www.reading.gov.uk/publichealthgrantconsultation
To receive a hard copy of these consultations; or for additional support to understand or complete the questionnaire, write to: Wellbeing Team, Level 2, Civic Centre, Reading RG1 2LU, call 0118 937 2383 or email: wellbeing.service@reading.gov.uk