



# Wellbeing Newsletter



Jan / Feb 2019



## Remap Berkshire- volunteer engineers

Remap Berkshire use their ingenuity and skills to help people to stay independent in their homes. The service is entirely **free** - no tests and no forms to fill in – you just have to ask!

Remap currently help about 100 people each year, from young children to older people.

One lady helped by Remap was unable to comfortably reach her kitchen sink. She had been using up-turned plastic containers as steps, but this was dangerous and she had fallen from them.

A Remap engineer designed and built a set of steps with spring loaded castors so that they would be secure when in use, but could be easily moved when required. A rail at the back prevents falls.



If we can help you, or if you would like to volunteer contact our Case Officer:

Robert Monk

[Berks.CaseOfficer@remapgroups.org.uk](mailto:Berks.CaseOfficer@remapgroups.org.uk)

**077 90 127 123**

Thinking of volunteering? Try our test:

<http://berkshire.remap.org.uk/volunteering/>

## Active Wellbeing Open Day

Start 2019 with positive wellbeing for your mind and body- come along for a fun, interactive day of talks and activities.



Learn about how you can get active (even in the smallest ways), engage with your local community, be more creative, and get your mental health in check.

Keep an eye on the Compass website for details of when and where this will be happening [www.compassrecoverycollege.uk](http://www.compassrecoverycollege.uk) or call: **0118 937 3945**



# Reading Services Guide

Social groups ★ lunch clubs ★ activities ★ support ★ services.  
Visit [www.reading.gov.uk/servicesguide](http://www.reading.gov.uk/servicesguide) or call **0118 937 3747**



## Palmer Park Consultation: ends 22<sup>nd</sup> Feb

The Draft Palmer Park Development Framework is a planning document which looks in particular at how a new swimming pool could be accommodated within Palmer Park, as well as other options for improvement.

There will be a drop-in events at Palmer Park Stadium on **Tuesday 15 January, 3pm and 8pm** where officers will be available to discuss the framework.

The consultation documents are available **online**: <https://consult.reading.gov.uk>.

**Written responses email**: [planningpolicy@reading.gov.uk](mailto:planningpolicy@reading.gov.uk)

**Written responses post**: Planning Policy Team, RBC, Civic Offices, Bridge St, RG1 2LU

## Repair Café Sunday 17<sup>th</sup> Feb 12:30-4:30pm at 'rLab'

Bring along your broken items and get help to repair them. A team of volunteers will be able to help repair a wide range of items including:

- Electronics
- Mechanical items
- Computers (hardware/software)
- Toys/Furniture
- Clothing/textiles
- Tool sharpening

If you have something you are making or a craft project you are stuck with, why not bring it along and one of the volunteers can give you a hand!

Repair Cafe is a free event but donations are welcome to help keep it going. As well as repairs, you can pop in for a cuppa and homemade cake.

**rLab: Unit C1, Weldale Street, Reading RG1 7BX**

**Email**: [repaircafe@transitionreading.org.uk](mailto:repaircafe@transitionreading.org.uk)



## Healthy Body: Free Wellbeing Factsheet

There is lots of free support available to help you look after your physical health. If you like the idea of feeling fitter, but don't want to spend lots of money on gym memberships and expensive diet recipes have a look at this free factsheet. Pick up a copy from the reception area at the Civic centre or download a copy here:

<http://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=SMFNI9UQxg>



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## Healthy Mind: Self-Management Course starts Fri 18<sup>th</sup> Jan

Kick off 2019 by learning to manage your mental health and general wellbeing. Berkshire West Your Way's group covers:

- What is self-management?
- Identifying and overcoming triggers and warning signs
- Creating helpful cycles
- Relationships with mental health workers
- Setting your own realistic and achievable goals
- Building problem solving skills
- Developing a personal toolkit.

Previous participants have reported **increased confidence, better connections with others, new skills, and achieved goals.**

The course is for anyone who feels that they would benefit from consolidating existing skills and building new ones. Even if you feel that you are already good at managing your wellbeing, others would really benefit from hearing about your experiences!

To find out more contact: Carole, Peer Support Coordinator at Berkshire West Your Way.

Email: [carole-connolly@together-uk.org](mailto:carole-connolly@together-uk.org)

Tel: 0118 966 0240



Meet new people and get connected- volunteer!



Winter is difficult for older people but charities such as AgeUK Berkshire and AgeUK Reading are running clubs, drop-ins and activity sessions across Reading to help older people stay in touch with friends and feel fitter and healthier.

Volunteering at a local group makes a huge difference in the lives of older people - all you need is a few spare hours and some chit-chat!

To find out how you could get involved contact AgeUK Berkshire or AgeUK Reading, or look at the opportunities listed with Reading Voluntary Action.

AgeUK Berkshire: <https://www.ageuk.org.uk/berkshire/> Tel: 0118 959 4242

AgeUK Reading: <https://www.ageuk.org.uk/reading/> Tel: 0118 950 2480

Reading Voluntary Action: <http://rva.org.uk/> Tel: 0118 937 2273

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