

What's The Hubbub?

December 2018

WHAT'S GOING ON AT THE HUB?

Welcome to What's the Hubbub?

This is the official newsletter of the Care Hub in Goring where you will find news and information about what's going on in The Care Hub.

So, what is The Care Hub anyway?

The Care Hub is an innovative concept in caring created by Streatley resident, Melanie Meads. It is a place where you can get information on services, groups and activities, join a small activity or find support if you are a carer.

The backbone of our service is called The Community Navigator.

A Community Navigator is a person or group of people who, essentially, act as a bridge between people who need a service and the services which are available. We find what you're looking for.

For the internet generation, this is simply a Google search away but for our older folk, it's a bit more difficult. So, as we say... if you don't know where to go, come to us!

Christmas at The Hub



BUT WE DO MUCH MORE!!

THURSDAYS – 3pm

Tai Chi at Towse Court Residences £5 per session

FRIDAYS – 2pm

Jigsaw Puzzle Club

SATURDAYS – 10am

All Ages Chess Club

EVERY THIRD WEDNESDAY

Knitting Circle

EVERY SECOND TUESDAY

Book & Poetry Club

All clubs have a requested fee of £2 unless otherwise noted.

Call the Care Hub to book a place or for more information

01491 525 639

WHAT'S A... COMMUNITY NAVIGATOR

Imagine your social network as a warm, handmade quilt

Some people have a long and detailed quilt made from a supportive family, good friends, fantastic neighbours, a social schedule full of activities or outings and a range of transportation options.

Now imagine someone you may know whose quilt is a bit more threadbare.

Family lives far away, mobility issues make getting around difficult and painful, too shy or depressed to join a club where they don't know anyone or facing financial difficulties because they can't fill in a benefits form without getting muddled.

Our job, at The Care Hub, is to help 'navigate' all the various options available to help build a nice warm quilt of care for someone who needs it.

If you know someone who needs our help, don't wait. Let us know. Bring them in or call us.

Staff is trained in dealing with sensitive issues. We are all DBS checked and Alzheimer's Society Dementia Friends.

CALL FOR VOLUNTEERS

The Hub wants to start a Good Neighbours scheme in Goring/Streatley and we need volunteers to help coordinate.

If you can spare some time and would like to help – please call us or come in.

What services, groups or activities does Goring and Streatley need?

Call 01491 525 639 or write to us at info@qicare.co.uk

SAFE SPACES

The Care Hub has joined the National Safe Spaces program. We are hosting a training session in the Hub on 10 January at 11am. A member of the local firefighters will be providing training, free of charge, to any local business who would like to become officially recognised as a Safe Space. Call to book a place. 01491 525 639



Q1Care

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Goring On Thames

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