

What's The Hubbub?

January 2019

WHAT'S GOING ON AT THE HUB?

Happy New Year! Welcome to 2019. The Care Hub hopes everyone has a fantastic year.

The new year will be bringing a lot of new things at The Care Hub.

On 14 January, we welcomed Kate Talbot, an independent financial advisor, who offered free financial planning advice to everyone who dropped in. Kate's visit was part of our ongoing series of free advice & information clinics that are held in our Memory Lounge. The next one is scheduled for mid-March.

Did you know? Our new Memory Lounge is open! We have tea & coffee, plenty of comfy seating and reminiscence items to peruse. On Mondays, we have a drop-in morning between 10am – 12pm. We are also a Dementia Friendly space.

From the 16th of January onward, our knitting club will start making knitted (or crocheted) squares which will eventually be made into a giant quilt. The quilt will be sold at a later date and all proceeds will go to charity. We have needles and wool at The Hub!

Our Christmas Hamper Raffle
Winner, Karen Morton!



OUR REGULAR EVENTS

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

WE ARE 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 due to complicated forms and lack of comprehensive assistance.

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 Care Hub would like to start a Good Neighbours scheme for Goring & Streatley – specifically volunteer driving and befriending but we need volunteers!

If you have a couple hours a week or have the ability to drive someone to a club or activity in the local area, could you please call us?

01491 525 639

BENEFITS APPLICATIONS

We can help you fill in your benefits applications. Attendance Allowance, Carers Allowance, Carers Grants and Blue Badge applications.

Call to book an appointment today.

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SAFE PLACES NATIONAL NETWORK

The Care Hub has joined the National Safe Places program. A safe place helps vulnerable people if they feel scared or at risk while they are out and about in the community and need support right away.

Look for the Safe Places sticker in our window and please feel free to come in!

If any businesses are interested in becoming part of the national Safe Places Network, the training is free and can be booked by emailing info@safeplaces.org.uk



Q1Care

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Goring On Thames

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