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# Carers' information, Bracknell

Health and social care services are complex and often involve partnership working across different organisations. Here are links to health, social care, and voluntary organisations to help you support the person you care for.

## Council

### Bracknell Forest Council –Support for carers

Web [bracknell-forest.gov.uk/](http://bracknell-forest.gov.uk/)

Web [bracknell-forest.gov.uk/health-and-social-care/care-and-support/support-carers](http://bracknell-forest.gov.uk/health-and-social-care/care-and-support/support-carers)

### Carer Assessments

Web [bracknell-forest.gov.uk/health-and-social-care/care-and-support/support-carers/carers-assessment/why-you-may-want-assessment](http://bracknell-forest.gov.uk/health-and-social-care/care-and-support/support-carers/carers-assessment/why-you-may-want-assessment)

## Young Carers

### Young Carers in Bracknell Forest

Web [bracknell-forest.gov.uk/health-and-social-care/care-and-support/support-carers/young-carers](http://bracknell-forest.gov.uk/health-and-social-care/care-and-support/support-carers/young-carers)

Email [young.carers@bracknell-forest.gov.uk](mailto:young.carers@bracknell-forest.gov.uk)

## Carer Support Organisations

### Signal

Signal is funded to provide free support and advice for adults caring for adults including young carers approaching adulthood and carers of disabled children approaching adulthood.

Web [signal4carers.org.uk/](http://signal4carers.org.uk/)

Contact 01344 266088

Email [info@signal4carers.org.uk](mailto:info@signal4carers.org.uk)

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## Carer Support Organisations

### Community Mental Health Team (CMHT) – Carer Support Group

The group is for carers over 18 years looking after someone with mental health issues and living in Bracknell Forest. **Time:** First Thursday of every month, 5.30pm – 7pm

**Location:** Room 5, Easthampstead Baptist Church, South Hill Road, Bracknell, R12 7NS

### Stepping Stones – Bracknell Recovery College

Stepping Stones on a mission to improve the lives of adults (& carers) living in Bracknell with mental health challenges by delivering free of charge, inspiring and empowering courses.

**Web** [steppingstonesrecovery.co.uk/](http://steppingstonesrecovery.co.uk/)

**Contact** 01344 300333

**Email** [reception@steppingstonesrecovery.co.uk](mailto:reception@steppingstonesrecovery.co.uk)

### Friends in Need - Mind Buckinghamshire (covers Bucks and East Berkshire)

Friends in Need is a peer support group who want to help people manage their mental health by inviting them to try uplifting, fun and free activities.

**Web** [bucksmind.org.uk/friends-in-need/](http://bucksmind.org.uk/friends-in-need/)

**Contact** 07496 874882

### New Hope

New Hope provides a friendly, free and confidential service to anybody who is seeking help with a drug and/or alcohol addiction, as well as families and carers.

**Web** [bracknell-forest.gov.uk/health-and-social-care/drugs-and-alcohol-advice](http://bracknell-forest.gov.uk/health-and-social-care/drugs-and-alcohol-advice)

**Contact** 01344 312360

**Email** [new.hope@bracknell-forest.gov.uk](mailto:new.hope@bracknell-forest.gov.uk)

### Drop In Support at Sandhurst Day Centre

Support for carers of people over 55. The person you can for will have an assessment and a care plan. You would then be able to drop them off so you can enjoy some time to yourself. A small charge is made for this service.

**Web** [sandhurstdaycentre.co.uk/](http://sandhurstdaycentre.co.uk/)

### GEMS – Providing Autism & ADHD Support services

Information and access to workshops sharing expert advice on how to support people (children, young people and adults) with Autism and ADHD

**Web** [gems4health.com/](http://gems4health.com/)

**Contact** 01753 373 244 or 0800 999 1342 (Mon-Fri, 9am-5pm)

**Email** [gems.4health@nhs.net](mailto:gems.4health@nhs.net)

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## Finances and Benefits

### Checking your benefit entitlement

If you need to double check that the benefits you currently receive (if any) are the right amount. You can use this calculator recommended by the government to double check your entitlement.

**Web** <https://entitledto.co.uk>

### Council Tax Exemption or Discount

As a carer you may be entitled to a 25% discount on your council tax bill if you meet certain criteria. Carers UK had helpful factsheets to understand eligibility. You can then contact your local council to find out more.

**Web** [carersuk.org/help-and-advice/financial-support/help-with-bills-and-household-costs/help-with-council-tax](https://carersuk.org/help-and-advice/financial-support/help-with-bills-and-household-costs/help-with-council-tax)

### Support with Confidence

This is a scheme run by some Local Authorities to offer people seeking self-funded care or support services a list of providers that have been vetted and approved for the social care sector. Friends, family and carers can therefore source paid support for respite or similar as required.

**Web** [bracknellforestsupportwithconfidence.co.uk/](https://bracknellforestsupportwithconfidence.co.uk/)

### Citizens Advice East Berkshire

Provide information and advice about legal and money matters

**Advice Line:** 0808 278 7914

**Web** [caeb.org.uk/](https://caeb.org.uk/)

### Support for carers who work

Carers who work are entitled to a week of unpaid leave as needed. Visit their website for further details on support with work as a carer.

**Web** [carers.org/support-for-working-carers/flexible-working](https://carers.org/support-for-working-carers/flexible-working)

If you feel you need support whilst working due to your own physical or mental health needs, it may be worth exploring support provided by the government via the Access to Work scheme.

**Web** [gov.uk/access-to-work](https://gov.uk/access-to-work)

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## Wellbeing

### Dealing with abuse and neglect as a carer

Sometimes being a carer can lead to being treated in an abusive or neglectful manner, if you have any concerns please ask for help. For further information or support visit this website.

**Web** [carersfirst.org.uk/help-and-advice/topics/dealing-with-abuse-or-neglect-as-a-carer/](https://carersfirst.org.uk/help-and-advice/topics/dealing-with-abuse-or-neglect-as-a-carer/)

### Wellbeing and self-care

It is essential you look after your own wellbeing to ensure you can continue your caring role. Talking Therapies offer several self-help, workshops, and therapies that you can access, including:

- Wellness workshop
- Stress-less workshop
- Guided self-help
- Cognitive Behavioural Therapy (CBT)

**Web** [talkingtherapies.berkshirehealthcare.nhs.uk/](https://talkingtherapies.berkshirehealthcare.nhs.uk/)

**Contact** 0300 356 2000

**Email** [talkingtherapies@berkshire.nhs.uk](mailto:talkingtherapies@berkshire.nhs.uk)

### Sport in Mind

Sport in Mind offers activities across Berkshire, such as free Yoga, Pilates, Tennis and Football classes, for people (and their carers) who engage with our Community Mental Health teams.

**Web** [sportinmind.org/berkshire2](https://sportinmind.org/berkshire2)

### Carers UK – get advice and get connected

Carers UK is an online resource where you can get help and advice on several subjects including: practical support, financial planning, health, working and caring for someone. They have a variety of resources including factsheets, guides and an active online forum where many carers have found support and practical solutions from other carers.

**Web** [carersuk.org/home](https://carersuk.org/home)

We have collaborated with Carers UK to provide you with access to digital resources for carers. Register using our unique access code to create an account for free.

**Web** [carersdigital.org](https://carersdigital.org) and use code **DNHS9769**

