

Carers' information, West Berkshire

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

Council

West Berkshire Council - Help for Carers

Web westberks.gov.uk/carerssupport

The website includes information about:

- Caring for an Adult
- Carer Support Services
- Carer's Assessments
- West Berkshire's Information for Carer's Booklet
- Caring for someone under 18

West Berkshire Card

Free way to gain discounts in the council sports and leisure centres.

Web westberks.gov.uk/wbcard

The **West Berkshire Directory** also has some information about local groups.

Young Carers

Young carers in West Berkshire

Web directory.westberks.gov.uk

Web westberks.gov.uk/youngcarers

Contact [01635 503090](tel:01635503090)

Email EarlyRHub@westberks.gov.uk

Carer Support Organisations

Reading & West Berkshire Carers Partnership

The Reading & West Berkshire Carers Partnership provide a Carers Hub to give free information, advice and support to family carers in Reading and West Berkshire.

Web carerspartnership.org.uk/

The partnership members **Age UK Reading, Age UK Berkshire, Reading Mencap** and **CommuniCare** work with the carers of residents in Reading and West Berkshire.

Email carers@ageukreading.org.uk (cared for person over 50 & lives Reading)

Contact 0118 950 2480

Web ageuk.org.uk/reading

Email info@ageukberkshire.org.uk (cared for person over 50 & lives West Berks)

Contact 0118 959 4242

Web ageukberkshire.org.uk

Email carers@readingmencap.org.uk (cared for person has a learning disability)

Contact 0118 966 2518

Web readingmencap.org.uk/services/for-carers/

Email office@communicare.org.uk (all other carer queries)

Contact 0118 926 3941

Web communicare.org.uk

Recovery in Mind

Recovery in Mind is on a mission to improve the lives of adults (& carers) living in West Berkshire with mental health challenges by delivering free of charge, inspiring and empowering courses.

Web recoveryinmind.org/free-courses/step-3/

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

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

Web carersdigital.org and use code **DNHS9769**

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 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

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 citizen.westberks.gov.uk/supportwithconfidence

Respite Care

If you would like to access local respite care, you can self-refer to Crossroads. The care will have to be self-funded but you may be able to use the possible one-off payment associated with your carer's assessment to fund this.

Web oxfordshirecrossroads.org.uk/

Contact 01635 30008

Email care@oxfordshirecrossroads.org.uk

Support for carers who work

Carers who work are entitled to a week of unpaid leave as needed.

Web 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. Details for which can be found here

Web gov.uk/access-to-work

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/

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/

Contact 0300 356 2000

Email talkingtherapies@berkshire.nhs.uk

Sport in Mind

Sport in Mind offer a number of 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

Local Charities

Citizens Advice West Berkshire

Provide information and advice about legal and money matters

Call Advice Line 0300 222 5941

Web citizensadvicewestberkshire.org.uk/

