

Carers' information - Slough

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

Council

Slough Borough Council – Carers in Slough support

Web [slough.gov.uk/carers/carers-slough](https://www.slough.gov.uk/carers/carers-slough)

Carers assessments

Carers Assessments may also be provided by our integrated care teams such as our community mental health team.

Web [slough.gov.uk/carers/carers-assessments](https://www.slough.gov.uk/carers/carers-assessments)

Carer Support Organisations

Slough Carers Support – W.e.f. 1 July 2023 operated directly by Slough Borough Council

Slough Carers Support is knowledgeable about what is available for carers to access in terms of wellbeing activities and support in the Slough community, as well as providing a Slough Carer's Discount Card. Visit the website for information as changes may be made as the new service becomes fully operational.

Web [sloughcarerssupport.co.uk](https://www.sloughcarerssupport.co.uk)

Call 01753 303 428

Email sloughcarers@gmail.com

Carers - Enabling Town Slough

Web enablingtownslough.com/opportunities/carers

Slough Young Carers

Web [slough.gov.uk/carers/young-carers](https://www.slough.gov.uk/carers/young-carers)

Web [sloughyoungcarers.org](https://www.sloughyoungcarers.org)

Call 01753 875510

Carer Support Organisations

Carer Support Group and Information

The Family and Friends Group (formerly Carer's Café) runs every month at New Horizons for carers who support someone accessing our community mental health services.

Hope College

As a carer attending courses at Hope college can be beneficial in several ways. It can provide information about how to look after your own wellbeing as well as giving an insight into your loved one's challenges. The college has two semesters each year and runs a variety of courses, both virtually and face to face. Contact them for more information and to register interest

Email mailbox.hopecollege@berkshire.nhs.uk

Cippenham Carers Group

Provide a group setting for carers to discuss their experiences. Individuals who receive care are also invited to attend. Different local organisations also provide talks. Meetings are every 3rd Wednesday of the month at Cippenham Baptist Church between 1 and 3pm. Meetings are open to all Slough based carers.

Mens Sheds Association

The Mens Sheds Association accepts men and women of all ages to engage in woodwork, gardening and DIY. Locally found at Black Park, Burnham and Maidenhead. "They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter".

Web menssheds.org.uk/about/what-is-a-mens-shed/

GEMS – Providing Autism & ADHD Support services

Providing Autism & ADHD support services in East Berkshire. 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/

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

Email gems.4health@nhs.net

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.

Web gov.uk/access-to-work

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.

Web carersuk.org/help-and-advice/financial-support/help-with-bills-and-household-costs/help-with-council-tax

Further information regarding Slough can be found on the Slough Borough Council website

Web slough.gov.uk/council-tax-reductions-exemptions/single-person-discount

Web (form to apply for discount) slough.gov.uk/downloads/download/573/class-i-council-tax--people-providing-care

Information on Financial support

Slough Borough Council has a Benefit Take-Up team who can offer help and advice if you are confused about your benefit entitlement. The Benefits Take-Up team can provide advice, guidance, and assistance with the full range of welfare benefits, to help boost your income.

Email incomeboost@slough.gov.uk

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 sloughcrossroads.org.uk/

Contact 01753 525796

Email sloughcrossroads.org.uk/client-referral-form/

TuVida Berkshire

Supporting carers and their families with day centres and groups, carer respite, and carers hub. You can contact them to discuss options and costs associated with their support.

Web tuvida.org/berkshire

Call 0118 324 7333

Email berkshire@tuvida.org

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/

Call 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

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, health, working and caring for someone, your relationships, technology and equipment, and a carer forum.

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. Register using our unique access code to create an account for free. The resources cover a variety of information from health and wellbeing to financial planning and utilising technology.

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

