
Carers' information – Windsor & Maidenhead

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

Royal Borough of Windsor and Maidenhead - Carers Support

Web rbwm.gov.uk/home/adult-social-care/carers

Carer Support Organisations

Optalis

Optalis provide free support and advice for carers. Call or visit their website to register and/or find out more information and advice.

Web optalis.org/support-for-carers

Call 01628 683 744

Email adultsocialcarefrontdoor@rbwm.gov.uk

Carers Self Assessment forms can be found on-line.

Family Action - Young Carers

Family Action provide support to young carers in Windsor & Maidenhead.

Web family-action.org.uk/what-we-do/children-families/young-carers-windsor-maidenhead/

Call 01628 626991

Email rbwm.yc@family-action.org.uk

Carer Support Organisations

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/

Contact 07496 874882

Royal Borough Mental Health Recovery Service

Buckinghamshire Mind and Mind in Berkshire have launched a new education and recovery services for people living in Windsor, Ascot and Maidenhead. The service is open to anyone who is on a journey of recover from mental health concerns and their support networks.

Web Bucksmind.org.uk

Call 01494 463364

You may also want to consider searching other recovery colleges locally such as Stepping Stones (Bracknell) or Hope College (Slough).

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

Alzheimer's Dementia Support

Free advice and services for people with dementia, their carers and families. The Charity runs several fun activities and events including Singing for Pleasure, Drop In Cafes and Befriending schemes. Contact them to learn more.

Web adscharity.com/

Call 07516 165647

Email info@alzheimersdementiasupport.co.uk

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

Citizens Advice East Berkshire

Provide information and advice about legal and money matters

Call 0808 278 7914

Web caeb.org.uk/

Support for carers who work

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

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

Well-being

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, 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. Register using our unique access code to create an account for free.

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

