

Carers' information, Reading

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

Council

Reading Council - Carers

Web reading.gov.uk/adult-care/carers/

The website includes information about:

- Carer's allowance and benefits
- Carer's Assessments
- Carer Breaks
- Carer Support Services

The **Reading Services Guide** also has some information about local groups.

Young Carers

Brighter Futures for Children

Support for children under 18 years who have extra responsibilities at home because of a disabled sibling or parent with support needs.

They cover three age groups; 6–9 years, 5–11 years, and 13–18 years.

To join, you need to have been assessed using the Young Carers screening tool.

Web brighterfuturesforchildren.org

Email cspoa@brighterfuturesforchildren.org

Call 0118 937 3641

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

Compass Recovery College

Provide free mental health and wellbeing workshops for those supporting people with mental health related challenges.

Web compassrecoverycollege.uk/

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 factsheets, guides, and an active online forum.

Web carersuk.org/home

We have collaborated with **Carers UK** to provide you with access to digital resources for carers.

Web carersdigital.org and register using our unique access code to create an account for free (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. Further details on support with work as a carer are on the 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

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

Advice Line 0300 222 5941

Web citizensadvicewestberkshire.org.uk/

Autism Berkshire

Provide information and advice to carers supporting people with autism or related conditions.

Web autismberkshire.org.uk/

Contact 01189 594 594

Email contact@autismberkshire.org.uk

