

Resources & Training

Helpful links to booklets, resources and training

Carers UK – Guide and Tools

Carers UK have a selection of helpful advice, guidance and resources to help you with your caring role. Key documents you may want to look at include:

- Looking after someone guide – gives an overview of practical & financial support available
- Coming out of hospital – what to expect, steps to follow, what to do if things go wrong
- Contingency planning – hints and tips about making a plan for emergencies

Web carersuk.org/help-and-advice/guides-and-tools/

Carers Trust – Help and Information

Carers Trust also have helpful information, guidance and advice on their website. You can also search local carer support groups in your area.

Web carers.org/health-and-wellbeing/health-and-wellbeing

Learn more about health condition(s) of the cared for person

To help you in your caring role, find out more about the health condition(s) of the person you care for, their treatment and medication.

Web nhs.uk/

NHS Choices features a searchable A-Z listing of conditions. For each condition searched there is a separate page on symptoms, causes, diagnosis, treatments and advice on how to live. Ask your GP about social prescribers and whether they may be able to help you and link you to other agencies and support.

Financial Support, Guidance and Advice

Search your local authority website for information and support on financial advice for carers.

Green Doctors - Groundwork is a charity working nationally and regionally to transform communities across the UK. For over 15 years Green Doctors have been helping residents stay warm and well while saving money on their household bills through our free service.

Web groundwork.org.uk/south

Call 0800 233 5255

Help with personal care and physical health

Practical tips if you care for someone

Visit the NHS website to find out practical tips if you care for someone

Web [nhs.uk/conditions/](https://www.nhs.uk/conditions/)

Web [nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/](https://www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/)

The website covers tips for carers on:

- Medicines
- How to feed someone you care for
- How to help someone you care for keep clean
- How to care for someone with communication difficulties
- How to move, lift and handle someone else
- How to deal with challenging behaviour in adults

Stop Look Care Resources

Originally created for care workers, these resources can also be used by unpaid carers. The Stop Look Care framework helps you to feel confident with your caring responsibilities. The workbook covers a variety of topics such as:

- Mouthcare
- Nutrition
- Dehydration
- Skin
- Frailty
- Diabetes
- Mobility
- Continence
- Medication

The framework helps you to understand why different aspects of observation can be important, the signs and symptoms of deterioration, what to look for and when you may need to seek further advice and support.

Web [frimleyhealthandcare.org.uk/stoplookcare](https://www.frimleyhealthandcare.org.uk/stoplookcare)

Alzheimer's Society & University of East Anglia

Assisting People with Advanced Dementia with their Personal Care: Ideas and Tips for Carers. A booklet for carers who assist a person with dementia with their personal care.

Web

uea.ac.uk/documents/20142/565792/Personal+Care+in+Dementia+Booklet+16.03.2022.pdf/

Hertfordshire Partnership University NHS Foundation Trust – Bowel Health

The Trust have e-learning sessions for carers supporting individuals with a learning disability. It's suited to anyone caring for someone who may have issues with bowel management.

Web [hpft.nhs.uk/bowel-health/](https://www.hpft.nhs.uk/bowel-health/)

Support with mental health

Mind

Advice to help you take care of your own mental wellbeing and provide helpful factsheets on mental health conditions.

Web mind.org.uk/

Web mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/

They have also produced an information video called “Making Sense of Sectioning”. A guide to what it means to be sectioned.

Rethink Mental Illness

Expert advice and information to anyone affected by mental health illness. Their website is an excellent source of information on mental health conditions in an easy to read and understand format.

Call advice line 0300 5000 927

Web rethink.org

Samaritans

A 24-hour confidential, listening service providing emotional support to anyone in crisis.

Call 116 123

Web samaritans.org/branches/

Shout

Text Shout to 85258 – free, confidential, anonymous 24/7 text support service.

Bournemouth University & Burdett Trust for Nursing

A mental capacity toolkit to help professionals and carers understand the legalities of mental capacity.

Web mentalcapacitytoolkit.co.uk/

Booklet to help explain why a parent is in hospital

In conjunction with South London and Maudsley NHS Foundation Trust, Our Time have created a series of booklets for patients, children, families, social services and young carers to use.

Web ourtime.org.uk/resource/explaining-why-a-parent-is-in-hospital/

Living with Dementia Toolkit

Tips to encourage you to stay safe and well, stay active, stay connected, give you hope for the future and offer ideas to help you live your life as you choose.

Web livingwithdementiatoolkit.org.uk/

Web <https://icaredementia.org>

Local Support with mental health in Berkshire

Breathing Space (for people in Wokingham, Reading, West Berkshire)

A safe and welcoming space for anybody aged over 18 experiencing emotional distress and struggling to cope. You can access Breathing Space in person at the central Reading hub, online via video chat, or on the phone.

Support **every evening** of every week, including Bank Holidays. **5pm until 11pm.**

Visit together-uk.org/projects/berkshire-west-breathing-space/

Email breathing-space@together-uk.org

Call 0800 002 9091

East Berkshire Safe Haven (Slough, Windsor & Maidenhead, Bracknell)

Out of hours mental health support to anyone aged 18 and over, provided in a welcoming, comfortable, non-judgmental and non-clinical environment. Experienced staff provide emotional support and information if you are in crisis or feel you are heading toward a crisis situation.

They provide one-to-one emotional support; help in creating staying well and crisis plans and supports visitors to access other services and organisations that may be useful to them.

Thursday - Sunday, 5pm – 11pm

Web mhm.org.uk/east-berkshire-haven

Call 07790 772 863 (5pm-11pm)

Email east.berkshirehaven@nhs.net

Address 54 High Street, Slough, SL1 1EL

Let's Connect Community Wellbeing Network (Newbury, Wokingham, Reading, West Berkshire)

A social network to support your wellbeing, by helping you connect with others, organisations, services, and opportunities in our community. Regular meetings for you to build a social network or to simply have contact with someone. You could also have up to six individual meetings to help you think about what you would like to do or connect with in your life.

Web berkshirehealthcare.nhs.uk/lets-connect-network

Call 0300 365 4440

Email LetsConnect@berkshire.nhs.uk

Hub of Hope

The Hub of Hope is a directory of mental health support and services across the UK.

Service listings on the platform are for information purposes only and not in any way endorsements or recommendations of the specific service.

Web hubofhope.co.uk/

