



**Information for friends,  
family and carers**



**Berkshire Healthcare**  
NHS Foundation Trust

# Help for friends, family & carers

## What is a carer?

**A Carer is anyone, including children and adults, who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.**

Caring can take a variety of forms, such as personal care, practical help with things like shopping or housework, emotional support, or help with managing behaviours or relationships.

You don't have to be living with the person you support to be helping to care for them.

You could be helping for a few hours a week or supporting them full time.



## What is a Carer's Assessment?

Under the Care Act 2014, local authorities have a legal duty to provide adult carers with a Carer's Assessment.

The assessment is free and separate from the needs assessment the person you care for might have. It looks at your physical, mental and emotional needs.

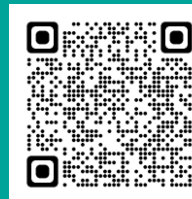
Any carer who needs support can have an assessment regardless of the amount or type of care they provide, finances or level of need.

## Are there any Carers Support Groups locally?

Across Berkshire there are a variety of services to help you maintain your wellbeing and stay connected to your community. You can find free independent information, advice and support from health and social care and voluntary sector organisations.

We've included some local links on this leaflet and we have additional information on our website.

**Scan the QR Code** to visit our **Carer Information webpage**.



**Scan me**



**[berkshirehealthcare.nhs.uk/carers-information](https://berkshirehealthcare.nhs.uk/carers-information)**



**Register as a carer with your GP**

# Carer Support in Berkshire:



## Reading & West Berkshire Carers Partnership

The partnership members include Age UK Reading, Age UK Berkshire, Reading Mencap and Communicare

**Web:** [carerspartnership.org.uk](http://carerspartnership.org.uk)

### Cared for person over 50 & lives Reading:

**Web:** [ageuk.org.uk/reading/](http://ageuk.org.uk/reading/)

**Call:** 0118 950 2480

**Email:** [info@ageukreading.org.uk](mailto:info@ageukreading.org.uk)

### Cared for person over 50 & lives West Berks:

**Web:** [ageuk.org.uk/berkshire/](http://ageuk.org.uk/berkshire/)

**Call:** 0118 959 4242

**Email:** [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

### Cared for person has a learning disability or autism:

**Web:** [readingmencap.org.uk](http://readingmencap.org.uk)

**Call:** 0118 966 2518

**Email:** [office@readingmencap.org.uk](mailto:office@readingmencap.org.uk)

### All other carer queries:

**Web:** [communicare.org.uk](http://communicare.org.uk)

**Call:** 0118 926 3941

**Email:** [office@communicare.org.uk](mailto:office@communicare.org.uk)

## Royal Borough of Windsor & Maidenhead

**Web:** [rbwm.gov.uk/adult-social-care/support-carers](http://rbwm.gov.uk/adult-social-care/support-carers)

**Call:** 01628 683 744

**Email:** [adultsocialcarefrontdoor@rbwm.gov.uk](mailto:adultsocialcarefrontdoor@rbwm.gov.uk)

### Young carers:

**Web:** [family-action.org.uk/services/windsor-and-maidenhead-young-carers-service/](http://family-action.org.uk/services/windsor-and-maidenhead-young-carers-service/)

**Call:** 01628 626 991

**Email:** [rbwm.yc@family-action.org.uk](mailto:rbwm.yc@family-action.org.uk)

## Wokingham Carers Partnership

The partnership members include Age UK Berkshire, Promise Inclusion and Berkshire Youth

**Web:** [carerspartnership.org.uk/wokingham-carers-partnership/](http://carerspartnership.org.uk/wokingham-carers-partnership/)

### Carers aged 19+:

**Web:** [ageuk.org.uk/berkshire/](http://ageuk.org.uk/berkshire/)

**Call:** 0118 959 4242

**Email:** [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

### Carers of children & adults with a learning disability or autism:

**Web:** [promiseinclusion.org](http://promiseinclusion.org)

**Call:** 0300 7778 539

**Email:** [admin@promiseinclusion.org](mailto:admin@promiseinclusion.org)

### Young carers – 18 years & under:

**Web:** [berkshireyouth.co.uk](http://berkshireyouth.co.uk)

**Call:** 0118 909 0927

**Email:** [admin@berkshireyouth.co.uk](mailto:admin@berkshireyouth.co.uk)

## Bracknell

**Web:** [signal4carers.org.uk](http://signal4carers.org.uk)

**Call:** 01344 266 088

**Email:** [info@signal4carers.org.uk](mailto:info@signal4carers.org.uk)

**Email:** [young.carers@bracknell-forest.gov.uk](mailto:young.carers@bracknell-forest.gov.uk)

## Slough

**Web:** [slough.gov.uk/carers](http://slough.gov.uk/carers)

**Call:** 01753 303 428

**Email:** [sloughcarers@slough.gov.uk](mailto:sloughcarers@slough.gov.uk)

### Young carers:

**Call:** 01753 875 510

**Email:** [youngcarers@slough.gov.uk](mailto:youngcarers@slough.gov.uk)