

# Carers' information, Wokingham

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 support the person you care for.

## Council

### Wokingham Council – Support for Carers

**Web** [wokingham.gov.uk/care-and-support-for-adults/support-for-carers/](http://wokingham.gov.uk/care-and-support-for-adults/support-for-carers/)

Look up help, support and information on the Wokingham Borough Council's directory.

**Web** [directory.wokingham.gov.uk/kb5/wokingham/directory/home.page](http://directory.wokingham.gov.uk/kb5/wokingham/directory/home.page)

### Carers Direct

You can call the Carers Direct helpline if you need help with your caring role and want to talk to someone about what options are available to you.

**Contact** 0300 123 1053

### Carer Assessments

**Web** [wokingham.gov.uk/care-and-support-for-adults/support-for-carers/carers-assessments/](http://wokingham.gov.uk/care-and-support-for-adults/support-for-carers/carers-assessments/)

**Contact** 0300 365 1234

### Young Carers

**Web** [wokingham.gov.uk/children-and-families/for-young-people/get-help-if-youre-a-young-carer/](http://wokingham.gov.uk/children-and-families/for-young-people/get-help-if-youre-a-young-carer/)

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## Carer Support Organisations

### Wokingham Carers Partnership

Partnership members: **Age UK Berkshire; Promise Inclusion & Berkshire Youth**

#### Age UK Berkshire - Carers age 19+

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

Contact 0118 959 4242

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

#### Promise Inclusion - Carers of children & adults with a learning disability and autism

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

Contact 0300 7778539

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

#### Berkshire Youth - Carers age 18 & under

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

Contact 0118 909 0927

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

#### 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/](http://bucksmind.org.uk/friends-in-need/)

Contact 07496 874882

#### Citizens Advice West Berkshire

Provide information and advice about legal and money matters

Advice Line 0300 222 5941

Web [citizensadvicewestberkshire.org.uk/](http://citizensadvicewestberkshire.org.uk/)

#### Autism Berkshire

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

Web [autismberkshire.org.uk/](http://autismberkshire.org.uk/)

Contact 01189 594 594

Email [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)

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## 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 the calculator recommended by the government to double check your entitlement.

**Web** [entitledto.co.uk](http://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](http://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** [wokingham.gov.uk/care-and-support-for-adults/assessments-and-support/providers-registered-with-the-support-with-confidence-scheme/](http://wokingham.gov.uk/care-and-support-for-adults/assessments-and-support/providers-registered-with-the-support-with-confidence-scheme/)

### 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/](http://oxfordshirecrossroads.org.uk/)

**Contact** 01635 3000

**Email** [care@oxfordshirecrossroads.org.uk](mailto:care@oxfordshirecrossroads.org.uk)

### Support for carers who work

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

**Web** [carers.org/support-for-working-carers/flexible-working](http://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](http://gov.uk/access-to-work)

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## 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/](https://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/](https://talkingtherapies.berkshirehealthcare.nhs.uk/)

**Contact** 0300 356 2000

**Email** [talkingtherapies@berkshire.nhs.uk](mailto: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](https://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](https://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](https://carersdigital.org) and use code **DNHS9769**

