



Carer's grant – a number of carers have called us to express concern that the annual carers grant is no longer available. Carer's assessment looks at all aspects of the support and respite a carer needs so will replace the old system of carers grant.

You are entitled to a carer's assessment if you regularly provide a substantial amount of care for someone, regardless of whether the person you care for is having their needs assessed and/or if Bracknell Forest Council have assessed that they are not eligible for support. If you and the person you are looking after agree, a joint assessment of both of your needs can be undertaken at the same time. There is also an opportunity, should you wish, for the social care practitioner to arrange for an advocate for you.

A carer's assessment is an opportunity for you as a carer to look at the impact caring has on you, on your health and well-being, your quality of life, and whether you are willing or able to carry on caring. It is also an opportunity to talk through the services and support that may be needed to support your caring role. A carer's assessment will identify if you meet the national eligibility criteria. Generally speaking this identifies that there is likely to be a significant impact on your well-being and quality of life as a result of your caring for another person.

If you are eligible for services and support the social care practitioner will put in place a support plan which will identify how your needs can be met. They will be able to talk to you about the range of support and services available. They will also be able to discuss your entitlement for a Direct Payment, how this is arranged, and how this can enable you to buy services to meet your assessed needs. They will also be able to give you information on, and how to register for, the Carers Emergency Respite Scheme.

To get a carer's assessment you can ask SIGNAL to request this for you. Alternatively you can contact Bracknell Forest Council direct by telephone on 01344-351500 or by email at adult.services@bracknell-forest.gov.uk

Bracknell Forest Council provides SIGNAL with funding for 4 carers lunches throughout the year. These are an opportunity for you to have a break from your caring responsibilities, to meet other carers and also to speak to members of SIGNAL staff and other professionals.

The next carers lunch is at Easthampstead Baptist Church on Friday 17th June at 11.30am. Please fill in the enclosed RSVP if you are able to make it. If you are unable to attend but would

have liked to, it would be helpful if you could let us know the barriers that prevented your attendance e.g. work commitments, transport, lack of respite care etc. so we can try to address these issues in the future.

The carers lunch is targeted at current carers. We are planning other activities to support ex-carers.



ACCESSIBLE INFORMATION STANDARD

From the 1st August 2016 all providers of NHS and adult social care services should be providing people with additional communication needs with information in a way that enables them to better understand and be involved in decision making about their health, care and wellbeing.

We are in the data collection phase of implementing the standard and have taken the decision that we can try to go one step further, asking everyone how best we should communicate and provide information to suit their needs. For example, you may prefer you are contacted and information is sent to you via email.

During this phase of data collection we are working hard to establish how we are going to implement the communication standard in August and the more people that tell us what they would like the better the way we provide information will be.

If you have not provided this information to us when you signed up please could you complete the enclosed form and return it to us.

We are 'digital by default' so if we do not receive any instruction from you we will be sending future communications by email (where email address supplied) or alternatively by post.





Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that carers face and recognise the contribution they make to families and communities throughout the UK.

The theme for 2016 is 'Building Carer Friendly Communities'. To find out more visit: www.carersweek.org

We are currently finalising our plans for Carers Week but our focus is on promoting the SIGNAL service in the community and reaching new carers. We will have pop up information stands in the following community locations.

All week – Sainsbury's, Bagshot Road

Monday 6th June – Binfield Library 2pm-7pm

Tuesday 7th June – Wexham Park Hospital 10am-3pm

Tuesday 7th June – The Space, Bracknell (Mental Health Carers Group) 2pm-4pm

Tuesday 7th June – Sainsbury's staff canteen for afternoon tea

Wednesday 8th June – Bracknell Shopmobility 10am-4pm. FREE refreshments for carers

Wednesday 8th June – Crown Wood Community Centre 'ex-carers coffee morning' hosted by Bracknell Forest Carers Support Group, 10am-12 noon

Thursday 9th June – Sandhurst Library 9.30am-1pm & 2pm-5pm

Thursday 9th June – Carnation Hall, Winkfield Row at Triple A carers group. 7.30pm

Friday 10th June – Frimley Park Hospital 10am-3pm

Friday 10th June – Crowthorne Library 'Coffee for Carers' event 10am-12 noon

We will also be writing to local organisations and large employer's asking them to commit to being part of a carer friendly community and offering them support to make their organisation's 'carer friendly'.

Support Groups

We are trying to map all of the local carers support groups in the area so that we can provide you with an up-to-date list in the next newsletter. If you are involved in a group please let us have the details. We would rather receive this information multiple times than run the risk of overlooking a group.

Mental Health Carers Support Group

Meet on the first Tuesday of every month (excluding January & August)

2pm-4pm at The Space, 20-21 Market Street, Bracknell, RG12 1JG

Bracknell Forest Carers Support Group Coffee Evenings

Tuesdays: 21st June, 19th July, 23rd August, 20th September, 18th October, 22nd November

5.30pm-7pm, South Hill Park Café, Ringmead, Bracknell, RG12 7PA

Non-alcoholic drinks are paid for by the group organiser

Memory Café (for people with dementia and their carers)

Held on the Friday of the second week of every month (Alzheimer's Society)

11am-12.30pm, Coopers Hill, Crowthorne Road (North), Bracknell, RG12 7AU

Ex-carers

SIGNAL provides services for carers but it recognises that when caring stops there is a period of readjustment for the carer and they may need support. Carers may find themselves having to enter the job market after an absence of some years, housing issues as well as emotional stress. In addition to the ex-carers coffee mornings hosted by Bracknell Forest Carers Support Group we would like to know what services you think are needed.

Ex-carers have years of valuable experience and we would value them as volunteers to help support SIGNAL. If you think this would be of interest to you, please get in touch.

Training

To date we have identified the need for the following types of training:

- Manual handling
- Safeguarding
- Mental Capacity Act
- Wills & Trusts – planning for the future

If you need any training to help support you in your caring role, please let us know.

Innovation Fund

One of the objectives of the SIGNAL service is to provide activities and events to support carers and to minimise the impact that caring has on their health and well being.

We have set aside a budget (10k total) which we have called the 'Innovation Fund'. If you or a group / organisation you are involved with have an idea that can help support carers you can ask us to fund it.

Applications are more likely to be successful if they can demonstrate carers have been involved in the design and they have the potential to be self-sustaining in the future.

Newsletters

If you have something to include in the next quarterly newsletter please let us know by the end of July.

Get involved

We know that your time is precious but if you do have some spare time why not volunteer for SIGNAL. We have many different types of volunteering opportunities such as promoting the service at community events and peer support.

You could also get involved with running the SIGNAL service. We need volunteers to represent carers on the project management board. You must be able to attend the regular monthly meetings and there may be information to read between meetings. All expenses will be reimbursed. You must also undergo an Enhanced DBS check.

To find out more about any volunteering opportunity please contact Andrea McCombie via the SIGNAL office.

Project Management

From July members of the project management board (The Ark, WB & D Mencap, staff and carers

representatives) will be meeting on the third Tuesday of the month.

Applications to the Innovation Fund will also be discussed and decisions made.



Dementia Action Alliance looking for carers and people affected by dementia

The Bracknell Forest Dementia Action Alliance (DAA) brings together local organisations with the aim to improve the lives of people with dementia in this area.

Your local DAA is looking for carers for and people affected by dementia interested in joining the steering group. The group meets bi-monthly, for 2 hours at Easthampstead Baptist Church.

“Increasing the number of carers and people affected by dementia on the steering group will ensure that any discussions take into account a wider range of views and opinions and keep people affected by dementia and their carers at the heart of any decisions that are made.” Viki Rowland, Bracknell Forest Dementia Action Alliance Co-Ordinator, Alzheimer’s Society.

If you would like to join the steering group or find out more please contact the SIGNAL office.

Bracknell Forest Council appoints new Director of Adult Social Care, Health & Housing

Many of you will have known Glyn Jones who had worked at Bracknell Forest Council for many years. Due to a serious illness Glyn temporarily stepped down and an interim Director, John Nawrockyi was appointed. Sadly Glyn passed away earlier this year and a new Director of Adult Social Care, Health & Housing, Gill Vickers, has been appointed.



I am a social worker by profession and my first job was in Oxfordshire working in a community mental health team and my most current job prior to coming here was as Director of Adult Social Care in the London Borough of Lambeth. I have also worked as Director in Triborough (Hammersmith & Fulham, Kensington & Chelsea and Westminster) and as an interim senior manager in a number of diverse authorities such as Herefordshire, Isle of Wight, Sandwell, Walsall, Sutton, Bristol and Gloucestershire. I have considerable experience of integrating Health & Social Care services (or whole organisations) and I do believe that the people who use our services greatly benefit from a joined up approach. This doesn't mean that we always have to integrate organisations – some of the best integrated working I have seen has been where staff were co-located but employed separately by their health and social care organisations. It all comes down to building good relationships...a bit like life really!

We welcome Gill and are looking forward to working with her in the future.



Community events

Wednesday 01 June 2016 - starts 19.00 at Sandhurst Community Hall, Memorial Park, Yorktown Road, Sandhurst GU47 9BJ. - **Help in an Emergency** - Guest speakers include David Hamer (Community First Responders), Dr Simon Brown (Air Ambulance Service) Steve Mitchel (Community Policing) Nick Kelaher (Urgent Care Centre) Ashley Freeland (Forest Care Lifeline and Falls Detection System) and lots of exhibitors. Organised by Sandhurst Patient Group. Everyone welcome.

Tuesday 07 June 2016 or 21 June 2016 - starts 14.30 at Bracknell Healthspace, Brants Bridge, Bracknell, RG12 9BQ. As part of their commitment to the community of Bracknell and Ascot OneMedical Group are hosting **health and wellbeing sessions**. Join them for a tea and talk session. Booking essential <https://www.eventbrite.co.uk/e/tea-and-talk-health-session-tickets-24015687568> or telephone 01344 551100

Friday 10 June 2016 - starts 11.30 at Easthampstead Baptist Church - **Berkshire Healthcare Mental Health Forum** - Guest Speakers include - Zoe Emms (EIP Service), Sue White (BFC Direct Payments), Matthew Clift (BFC Self Care and Prevention). Everyone welcome.

Saturday 02 July 2016 - Come meet and chat with us and other community organisations at **Crowthorne Carnival Fete**, Morgan Field, Lower Broadmoor Road. Starts at 1pm.

IF YOU KNOW OF ANY COMMUNITY EVENTS THAT MAY BE OF INTEREST TO CARERS PLEASE LET THE OFFICE KNOW SO THAT WE CAN INCLUDE THEM IN FUTURE NEWSLETTERS, THE WEBSITE AND E-BULLETINS.

THANK YOU

Useful contacts

We have enclosed a list of useful up-to-date contacts for carers. We have the details of many other specialist groups so please contact us if you cannot find what you are looking for.

Other important numbers:

Adult Social Care, Bracknell Forest Council – 01344 351500

This will redirect to Emergency Out of Hours Service outside of office hours.

NHS Out of Hours call 111

SIGNAL Contacts

You can contact us on:

01344 266088

info@signal4carers.org.uk

Visit our website:

www.signal4carers.org.uk

Carers Lunch



When: Friday 17th June 2016 – 11.30am to 2.30pm

Where: Easthampstead Baptist Church
South Hill Road, Bracknell, Berkshire, RG12 7NS

Booking essential please RSVP by Wednesday 8th June 2016 by returning this form in the post, calling or emailing us at info@signal4carers.org.uk with the details below.

Name: _____

Email, address or telephone number:

I am a carer I am an ex-carer (was caring within the last 6 months) I am a professional Working for:

Attending the carers lunch on the 17 June 2016 at Easthampstead Baptist Church.

Do you have any access requirements? _____

Do you have any dietary requirements? _____

Support Information Guidance Networking Advice Learning

Lead Partner The Ark Trust Ltd, working with Wokingham and Bracknell Districts Mencap

Registered Office: 20-21 Market Street, Bracknell, Berkshire, RG12 1JG
Telephone: 01344 266 088 **Email:** info@signal4carers.org.uk
Company Number: 04504955 **Charity Number:** 1098204

Funded by Bracknell Forest Council



Accessible Information Standard Communication Questionnaire



From the 1st August 2016 all providers of NHS and adult social care services should be providing people with additional communication needs with information in a way that enables them to better understand and be involved in decision making about their health, care and wellbeing. If this form is not a suitable method to collect this information about you please let us know.

Name:

Email or Address:

Please circle one or more of the following options

How should we contact you?

Not disclosed	By telephone	By text relay
By short message service text service	By letter	By email
By audible alert	By visual alert	By tactile alert

What format should we give you information in?

Not disclosed	DVD or CD	Email
Audio cassette tape	Easyread	Electronic downloadable
Electronic audio format	Moon alphabet	Makaton
Contracted (grade 2) Braille	Uncontracted (grade 1) Braille	Written information in at least 20 point sans serif font
Written information in at least 24 point sans serif font	Written information in at least 28 point sans serif font	USB mass storage device

We collect this information to enable us to engage with you in a way that best suits your communication needs. We have a duty to pass on this information to other health and social care providers so that they can communicate with you in the ways you have specified.

Accessible Information Standard Communication Questionnaire



Do you require communication support?

No	Not disclosed	Use a legal advocate
Use sign language	Use British Sign Language	Use a citizen advocate
Use Makaton sign language	Does lip read	Use manual note taker
Use electronic note taker	Use speech to text reporter	Use cued speech transliterator
Use lip speaker	Uses telecommunications for the deaf	Prefer written communication
Use alternative communication skill	Use Personal Communication Passport	Use communication device
Use deafblind intervener		

Do you require a professional to assist with communication?

No	Not disclosed	British Sign Language interpreter
Makaton Sign Language interpreter	An advocate	Deafblind communicator
Sign Supported English interpreted	Deafblind manual alphabet interpreter	Deafblind block alphabet interpreter
Deafblind haptic communication interpreter	Manual notetaker	Lipspeaker
Visual frame sign language interpreter	Hands-on signing interpreter	Speech to text reporter

We collect this information to enable us to engage with you in a way that best suits your communication needs. We have a duty to pass on this information to other health and social care providers so that they can communicate with you in the ways you have specified.

Useful contacts for carers – May 2016



Age Concern Bracknell Forest

Help older people of the borough and support their family and friends. Run Forest Park day centre for elderly people with dementia living in and around Bracknell Forest. Toenail cutting service for over 65's charged per session.

01344 862916 www.ageconcernbracknell.org.uk

Age UK Berkshire

Assist elderly people and their carers by the provision of community services and to campaign on their behalf.

0118 959 4242 www.ageuk.org.uk

Al-Anon (For Family & Friends of alcoholics)

Al-Anon offers understanding and support for families and friends of problem drinkers; this applies whether the alcoholic is still drinking or not. Self-Help groups for families and friends of alcoholics.

020 7403 0888 www.alanonuk.org.uk

Alzheimer's Society

Provides information & support regarding Alzheimer's disease. LOCAL GROUPS. The Society works through a national network of 180 local branches, 80 support groups & 100 contact people. These local representatives all have either personal or professional experience of the disease & are there to help caring relatives & friends of people with dementia in any way they can.

0300 222 1122 www.alzheimers.org.uk

Ascot Volunteer Bureau

Voluntary car transport scheme

01344 625520 www.ascotvolunteerbureau.org.uk

Autism Berkshire (Was Berkshire Autistic Society)

Support and advice group for children and adults with Autism and spectrum disorders. It provides help, advice and information to parents and professionals.

01189 5940594 www.autismberkshire.org.uk

Badhogs (Bracknell Area Deaf & Hard-of-hearing Support Group)

Anyone who is deaf / hard-of-hearing or has an interest in in the issues that impact the deaf / hard-of-hearing or want to work on your BSL skills.

www.badhogs.org

Useful contacts for carers – May 2016



Berkshire Asbestos Support Group

Dedicated to providing support and advice for local sufferers of asbestos related illnesses and their families.

0800 8840720 www.berkshireasbestossupport.org

Berkshire Demcare

A specialist organisation created by experienced people who have been trained to care for those with dementia and to support their carers.

01295 722879 www.berkshiredemcare.uk

Berkshire Multiple Sclerosis Therapy Centre

Provide therapies, information and practical and emotional support for people with Multiple Sclerosis, their carers and families in Berkshire

0118 901 6000 www.bmstc.org

Berkshire Vision Supporting the Visually impaired

Aims to enable and support visually impaired people in Berkshire to live safely and independently and to enhance their quality of life.

0118 987 2803 www.berkshirevision.org.uk

Bracknell Active Retired Association

Social club for persons aged 50 and over.

01344 447424 www.acbf.org.uk/BARA.php

Bracknell Forest Hoarding Disorders Support Group

Anyone suffering from Hoarding Disorder or is living with, or caring for those suffering from this disorder are welcome to attend.

07542 910676 <http://www.ocdaction.org.uk/support-group/bracknell-forest-hoarding-disorders-support-group>

Bracknell Forest Voluntary Car service

Voluntary car transport scheme

01344 426320

Useful contacts for carers – May 2016



Bracknell Friday Stroke Club

Welcomes membership from people affected by stroke in need of friendship and support.

01344 442717 www.stroke.org.uk

Bracknell Tuesday Stroke club

Social club for people who have suffered a stroke and for their carers. Bracknell area.

01344 429098 www.stroke.org.uk

Bracknell Shopmobility

To assist people with mobility impairments temporary or permanent to get around the locality.

01344 861316 www.bracknellshopmobility.org

Bracknell Forest U3A

A self-help educational organisation open to anyone no longer in full-time employment who wishes to keep the brain alive and active after middle age by taking part in all kinds of educational, creative and leisure activities.

020 84666139 www.bracknellu3a.org.uk

Brain Tumour UK

Provide support, information and awareness for those affected. Local branch Farnborough.

0808 800 0004 www.thebraintumourcharity.org

British Kidney Patient association

Free counselling and support service available every Tuesday and Wednesday. Ring for an appointment. Grants for holidays for patients and relatives.

01420 541424 www.britishkidney-pa.co.uk

Useful contacts for carers – May 2016



British Red Cross Mobility Aids Bracknell

Provide short-term loans of mobility aids to people in need, including wheelchairs, commodes, walking sticks and frames. You can either collect equipment or, in some cases, have it delivered for a small fee. Also stock new and reconditioned items for sale.

01344 425176 www.redcross.org.uk

British Red Cross Mobility Aids Crowthorne

As above but for the Crowthorne area.

0118 935 8230 www.redcross.org.uk

Brittle Bone Society (Working with people with Osteogenesis Imperfecta)

Provides advice and information on Brittle Bone disease and a quarterly newsletter. Help is available in financial hardship cases; short to medium term loan of specialist equipment; offer local meetings throughout the country and support research. Two part-time also visit Therapists visit families throughout the UK.

01382 204446 www.brittlebone.org

Bullbrook Good Neighbours

Voluntary car transport scheme

01344 429838 / 01344 440609

Cardiomyopathy Association

Support services for people with Cardiomyopathy and their families.

0800 0181024 www.cardiomyopathy.org

Carers Trust

National organisation providing help, advice and support services to carers.

www.carers.org

Carers UK

National organisation providing help, advice and support services to carers.

www.carersuk.org

Useful contacts for carers – May 2016



Citizen's Advice Bureau (CAB) - Bracknell

Provides information, advice and support on rights and benefits - branches in Bracknell, Crowthorne & Sandhurst.

0844 4994107 www.bracknellcab.org.uk

COATS (Crowthorne Old Age To Teen Society)

Runs a centre in Crowthorne. It provides companionship, lunches, teas, activities, entertainment and services for local elderly people.

01344 773464 www.coatscrowthorne.org.uk

Crohns & Colitis Berkshire Group

Provides general information about inflammatory bowel diseases for those suffering from these diseases and to offer support to those affected by these diseases and their families and friends.

0845 130 6815 www.crohnsandcolitis.org.uk

Crown Wood & Forest Park Good Neighbours

Voluntary car transport scheme

01344 640457 / 01344 640457 / 01344 566684

Crowthorne Community Minibus

Provides a service to elderly and disabled persons living in Crowthorne. We will pick you up from your home, take you to somewhere on the bus together with others and bring you home again afterwards. You will meet new friends and go to some interesting and lovely places.

07092 123152 www.ccmibus.org.uk

Crowthorne Good Neighbours

Voluntary car transport scheme

01344 761001

CRUSE Bereavement Care

Provide free advice, information and support to adults, young people and children who are struggling to cope with grief arising from bereavement.

01344 411919 www.cruse.org.uk

Useful contacts for carers – May 2016



Cystic Fibrosis Trust - Berkshire

Provides support, welfare benefits advice and information for people with cystic fibrosis, parents, families and professionals.

0300 373 1000 www.cysticfibrosis.org.uk

Dementia Advisor

Advice and support for people diagnosed with dementia and their carers.

Karen White 01344 823220 Karen.White@berkshire.nhs.uk

East Berkshire Down Syndrome Support Group (EBDSSG)

Support to other parents and carers, to make life a little bit easier. We really understand Down Syndrome and have lots of tips and helpful advice to share.

07786 554781 www.ebdssg.org.uk

East Berkshire Ostomy Club

A friendly social group that meets to support people living with a stoma.

01344 426652 (Jackie Dudley)

Healthwatch Bracknell Forest

Provides independent information and advice on local health and social care services. Also collect feedback on local services.

01344 266911 www.healthwatchbracknellforest.co.uk

Huntington's Disease Association

Support for those with Huntington's Chorea, and their families/carers/friends.

Local support groups.

0151 3315444 www.hda.org.uk

Involve – Bracknell Forest

Provide information, advice and support to the community and voluntary sector. They also run a befriending scheme for local vulnerable, isolated or lonely people.

01344 304404 www.involve.community

Useful contacts for carers – May 2016



Keep Mobile

Dial-a-ride accessible transport

0845 5440850 www.keep-mobile.org.uk

Macmillan Cancer Relief Berkshire

Provide practical, medical, emotional and financial support and push for better cancer care.

0808 800 0000 www.macmillan.org.uk

Macular Society Bracknell Support Group

Age-related macular degeneration is the largest cause of sight loss in the developed world. Support group based in Bracknell.

01344 485377 / 0300 30 30 111 www.macularsociety.org

ME Association Berkshire support Group

To support M.E. sufferers and their families. Local support groups are a place for people to get together over a cup of coffee.

01280 818968 www.meassociation.org.uk

Multiple Sclerosis Society Bracknell Branch

A chance to meet other people for mutual support and friendship.

0794 9718234

Muscular Dystrophy Campaign - Bracknell and Wokingham Branch

A support group for people with muscular dystrophy and their families. Offers information and advice.

01344 776871 www.muscular dystrophyuk.org

New Hope

Support for people with drug and/or alcohol problems. A support group for family/carers is also provided.

01344 312360

Useful contacts for carers – May 2016



Parkinson's UK Bracknell & District Branch

Provide help for people affected with Parkinson's and who live in and around Bracknell.

01276 850286 www.bracknellparkinsons.org

Priestwood & Garth Good Neighbours

Voluntary car transport scheme

01344 642523 / 01344 450577

Rethink - Bracknell Community Support

National mental health membership charity that works to help everyone affected by severe mental illness to recover a better quality of life. Local Branch – Bracknell.

0118 9892653 www.rethink.org

Royal Voluntary Service Berkshire

Volunteers across Berkshire who offer help and support so older people can stay independent at home.

01628 636 098 www.royalvoluntaryservice.org.uk

Samaritans Bracknell

A help and support organisation for anyone who would like help and a sympathetic ear, and to befriend the suicidal, despairing or lonely.

01344 455556 www.samaritans.org

Sandhurst & Owlsmoor Voluntary Care

Voluntary car transport scheme

07799 410231

Sandhurst Day Centre

An independent day centre providing a meeting place for the active elderly and care for the less able.

01252 877601 www.sandhurstdaycentre.org.uk

SANE UK mental health charity

Support and information to anyone coping with mental illness and their carers.

0300 3047000 www.sane.org.uk

Useful contacts for carers – May 2016



Singing for the Brain (Bracknell Group Alzheimer's Society)

The group offers singing and socialising opportunities for people with dementia and their carers. Former carers are also welcome. The group also has a weekly drop-in service for 'coffee and chat'.

0771 3390 714 www.alzheimers.org.uk

Smoke Free Life Berkshire

Smokefreelife Berkshire is a free service from Solutions 4 Health providing help and support to stop smoking.

0800 622 6360 www.smokefreelifeberkshire.com

Stroke co-ordinators

The community stroke co-ordinator will support people who have had strokes and their family / carers achieve greater independence

01344 306177 / 07712 853579 eastberkshire@stroke.org.uk

Thames Hospice

Thames Hospicecare is a day support care centre providing therapy to cancer sufferers. It is an information centre on cancer and will treat people with other life threatening illnesses. Monday, 9am - 5pm, is an information drop-in for patients, carers and families.

01753 842121 www.thameshospice.org.uk

TVPS Thames Valley Positive Support (AIDS/HIV)

Offer practical and emotional support to people living with HIV, their families, partners and carers.

01628 603400 www.tvps.org.uk

The Ark Trust

Provides information, support and activities for people with disabilities and those that support them.

01344 266899 www.theark.org.uk

Useful contacts for carers – May 2016



The Ascot District Day Centre

Providing a home from home for the elderly of Sunninghill, Ascot and Sunningdale.

01344 624923 www.ascotdaycentre.co.uk

'Triple A' Ascot Area Alzheimer's

Offers support and information as well as opportunities to socialise. Carers lunches and meetings.

0118 9772070 www.ascotareaalzheimers.co.uk

Winkfield & North Ascot Good Neighbours

Voluntary car transport scheme

01344 890244 / 01344 621167

Wokingham, Bracknell & Districts MENCAP

Supports adults and children with learning disabilities and/or an autism spectrum condition (ASC), their parent carers and their families.

0300 7778539 www.wokinghambracknellmencap.org

YPWD Young people with dementia

To assist in filling this gap in provision for those with young onset dementia and their family and carers. Our aim is to provide meaningful respite that works with current provision over the working week. Run group sessions in Bracknell area.

0118 9495286 www.ypwd.info