

Welcome to the June newsletter



SIGNAL provides information, advice and support to adult unpaid carers who live in Bracknell Forest.



Bracknell Forest Council gives SIGNAL the money to run the service.

To be an adult unpaid carer you must:



- Be over the age of 18
- Provide a friend or family member with help and support because of their illness or disability
- Not get paid for providing this help

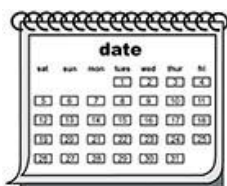
What is help and support?

This could be help to do shopping, housework, providing transport or even just visiting a person and having a chat.



It is important you know about people and groups that can help you stay healthy and happy when you are a carer.

Carers lunch



Coming to the carers lunch can:

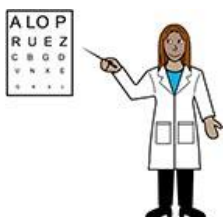
- Give you a break from caring
- Help you meet other carers
- Give you the chance to talk to SIGNAL staff
- Give you information

The next carers lunch is on Friday 21st July

It starts at 12 noon and finishes at 2.30pm

It is at Easthampstead Baptist Church

Invitations have been sent with this newsletter. Please let us know if you would like to come.



Sight tests at home



A person who can test your eyesight is usually called an optometrist. Sometimes they may be called an optician.

Regular eye tests are very important for your health. Some people may find it difficult to go out of the house to have their eyes tested because they have a disability or health condition.



If you find it difficult to go out you can arrange an eye test to be done at home. The optometrist brings special equipment with them.

SIGNAL can give you a list of people who offer this service.





Carers Week

12th – 18th June

This is held every year.

It helps make other people in the community aware of the very important job carers do and how they can help support carers.

This year we will have information stands at local libraries, shops and hospitals and will be giving out our leaflets.



There are activities and groups during the week that you can attend. We have sent a list of what is going on with this newsletter.

You can drop in to our offices in the afternoon on **Tuesday 13th June** for tea, coffee, biscuits and cake and meet some of our staff and volunteers.



Staff from the council will also be here. They can check if you are claiming all the benefits and allowances you are entitled to.

Carers Forum



A group for carers to meet and talk about their caring role.

The Chair then lets the council, SIGNAL and health services know what is going well, what needs improving and what new services carers need to help support them.

When: 20th June, 18th July, 15th August, 19th September

Time: 12 noon – 1.30pm

Where: Easthampstead Baptist Church

Support Groups

These groups will help you meet other carers.

Ascot Area Alzheimer's (Triple A) Carers Lunch

Time: 12 noon – 2.30pm

Dates/When: Last Monday of the month

Where: Carnation Hall, 29 Chavey Down Road, Winkfield Row, Bracknell, RG42 7PU

Contact: 01344 486349

Ascot Area Alzheimer's (Triple A) Carers Meeting (Funded by SIGNAL)

Time: 12.30pm – 2.30pm

Dates/When: Third Monday of the month

Where: St Michael's Church Hall, Crowthorne Road, Bracknell, RG12 7ER

Contact: 01344 486349

Ascot Area Alzheimer's (Triple A) Carers and Relative's Lunch

Time: 10.00am – 3.00pm

Dates/When: Third Sunday of the month

Where: Farningham House, Forest Park, Bracknell, RG12 0XR

Contact: 01344 486349

Autism Berkshire

Time: 9.30am – 11.30am

Dates/When: Monthly on Mondays (next meetings 19th June & 17th July)

Where: Forest Park Community Centre, Horndean Road, Forest Park, Bracknell, RG12 0XQ

Contact: 01189 594 594 contact@autismberkshire.org.uk

Support Groups continued.....

Bracknell Forest Mental Health Carers Support Group

Time: 2.00pm – 4.00pm
 Dates/When: First Tuesday of the month (excluding January & August)
 Where: Coopers Hill, Crowthorne Road North, Off Bagshot Road, Bracknell, RG12 7QS
 Contact: 07972 609621

Bracknell Forest Carers Support Group Coffee Evenings

Time: 5.30pm – 7.00pm
 Dates/When: Tuesdays (contact for dates)
 Where: South Hill Park Café, Ringmead, Bracknell, RG12 7PA
 Contact: 07972 609621

Non-alcoholic drinks are paid for by the group organiser

Bracknell Forest Carers Support Group Coffee Mornings

Time: 10.00am – 12 noon
 Dates/When: Wednesdays (contact for dates)
 Where: Crown Wood Community Centre, Opladen Way, Bracknell, RG12 0PE
 Contact: 07972 609621

These mornings are mainly for ex-carers but no carer is turned away

Coffee for Carers at Crowthorne Library

Time: 10.00am – 11.30am
 Dates/When: Second Friday of the month
 Where: Crowthorne Library, 162 High Street, Crowthorne, RG45 7AT
 Contact: 01344 776431

No booking required, donations for refreshments

Support Groups continued.....

Konnections Mums

A support group run by mothers for mothers of children with special needs or disabilities

Time: 10.30am – 12 noon

Dates/When: Friday mornings during term time

Where: K2 Lounge, Kerith Community Church, K2 Building, Bracknell, RG12 1EH

Contact: 01344 828802 jo.dawson@kerith.co.uk

Memory Café

For people with dementia and their carers run by The Alzheimer's Society

Time: 11.00am – 12.30pm

Dates/When: Second Friday of the month

Where: Coopers Hill, Crowthorne Road North, Off Bagshot Road, Bracknell,
RG12 7QS

Contact: 01344 423583

Wokingham, Bracknell & District Mencap - Carers coffee mornings/lunches

For families and carers of people with learning disabilities and/or autism

Dates/When: Third Thursday of the month provide either a coffee morning or a lunch

Where: *Coffee mornings:* Suite 2, Oakmeade Place, Terrace Road South, Binfield,
RG42 4JF

Lunches: The New Priestwood Community Centre, Priestwood Court Road,
Bracknell, RG42 1TU

Contact: 0300 777 8539



Bracknell Carers Support Group are also running Afternoon Cream Tea events (funded by Bracknell Forest Council). Please contact on 07972 609621 for more information.

Training



Planning for the future; making wills and trusts

Time: 2.00pm – 5.00pm

Date: Monday 12th June 2017

Where: TRAX, Mill Ride, Off of Fernbank Road, North Ascot, SL5 8JW

Refreshments will be provided

Transport can be provided

Contact the SIGNAL office to book

Let us know how we can support you during the training

Fire Safety Checks



**ROYAL BERKSHIRE
FIRE AND RESCUE SERVICE**

If you would like a FREE home fire safety check, please contact the SIGNAL office.

Young Carers drop in sessions

Bracknell Forest Youth Service, who support Young Carers, have arranged new weekly drop in sessions in Bracknell and Sandhurst.

If you would like more information on Young Carers please contact:



01344 464731



Young.Carers@bracknell-forest.gov.uk

Information sharing

What we will share

At the end of our contract, your name and contact details will be handed over for the new service provider to use.



What we will not share

We will not share anything that you have told us about your caring role unless agreed at the time, such as getting you a carers assessment. Unless we think there is a safeguarding issue.



What we are proposing

There are good reasons for you to let other services know you a carer – like your GP.

We have been working closely with local GP practices to find carers. Some GPs have been writing to their patients telling them about us.

We have no way to tell the GP practices who has made contact with us.

We think it would be good if there was a way that we could share carers' basic contact information with GPs and vice-versa.

Please let us know what you think by **Monday 3rd July**.

If we do make any changes you will be given the chance to 'opt out'.

Sending you information by email

Sending you information and newsletters by email means we can get it to you quickly and it does not cost any money.


If you have an email address please let us know.



Community events

 <p>date</p>	 <p>time</p>		<p>Event details</p>
<p>Wednesday 21st June</p>	<p>11.00am – 2.00pm</p>	<p>Jocks Lane Recreation Ground Off Binfield Road Bracknell RG12 2BH</p>	<p>The Teddy Bears' Picnic Adults: £2.00 Children: FREE</p>
<p>Wednesday 26th July</p>	<p>6.30pm – 8.30pm</p>	<p>Easthampstead Baptist Church South Hill Road Bracknell Berkshire RG12 7NS</p>	<p>Community Partnership Forum Bracknell & Ascot Clinical Commissioning Group</p> <p>Find out about and talk about local health issues</p>

For older people



Want to get out, have some fun and meet new people?


MONDAY'S
CRAFT sessions are the 2nd Monday of each month. Term time only at Broadway House 13:30 – 15:30

WEDNESDAY'S
SINGING to the top of the atrium, singing sessions at Clement House Every Wednesday 14:15 – 15:30

FRIDAY'S
Chill out with seated TAI CHI and regain your flexibility at Farningham House 11:00 – 12:00 or at Broadway House 14:30 – 15:30
CRAFT sessions are every last Friday of the month, at Clement House 14:00 - 15:30

For more information please contact: Tina Bibic
Community Investment Co-ordinator
or if you require transport on: **01344 382853**

There is a £2 per person charge for Bracknell Forest Homes residents and £3 per person per session for Non Bracknell Forest Homes residents.



SIGNAL service review

The Ark has been running the carers support service – SIGNAL – since April 2016. We now support over 500 carers. Other people, like social workers and doctors, also get our newsletters.

We provide information to carers by: newsletters, tweets, our website and leaflets



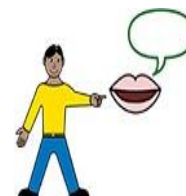
We provide carers lunches and social events



We provide training



We help carers: fill in forms, claim benefits and speak up for them



We signpost carers to other organisations, groups and services that can help them



We would like to know what you think about our service.

We will send you a questionnaire in **July**. Please fill it in and send it back to us.

Useful contacts

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



01344 266088



info@signal4carers.org.uk



www.signal4carers.org.uk



The Space, 20/21 Market Street, Bracknell,
Berkshire, RG12 1JG



<https://www.facebook.com/signal4carers/>



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