

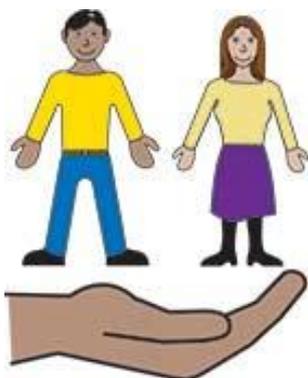
Welcome to the June newsletter



SIGNAL provides information, advice and support to adult unpaid carers who live in Windsor, Ascot and Maidenhead.



The Royal Borough of Windsor & Maidenhead and Windsor, Ascot & Maidenhead Clinical Commissioning Group 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 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.

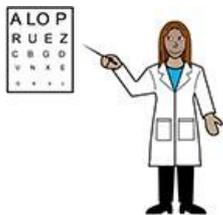


There are activities and groups during the week that you can attend. We have sent a list of what is going on with this newsletter.

You can drop in to SportsAble in Maidenhead during the afternoon on **Wednesday 14th June** for tea, coffee, biscuits and cake and meet some of our staff and volunteers.



Staff from the council will also be there. They will be telling us about carers assessments and other help they provide.



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.



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



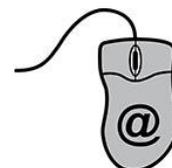
**ROYAL BERKSHIRE
FIRE AND RESCUE SERVICE**

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

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.



SUPPORT GROUPS

We are trying to map all of the local carers support groups in the area so that we can provide you with a regular up-to-date list. 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.

Ascot / Sunningdale Carers Support Group

Time: 10.30am-12 noon
Dates/When: Second Tuesday of the month (Please note: no meeting in June)
Where: Recreation Hall, The Pavillion, Broomhall Lane, Sunningdale, SL5 0QS

Asian Ladies Support Group

Time: 10.00am-12 noon
Dates/When: First Friday of the month (subject to room availability)
Where: Desborough Rooms, Town Hall, Maidenhead SL6 1RF
Contact: Please call Nighat Ellahi on 07736 885 174 or email
Nighat.Ellahi@RBWM.gov.uk to confirm

Datchet Carers Support Group

Time: 10.30am-12 noon
Dates/When: Third Wednesday of the month
Where: Day Centre, Horton Road (beside Datchet Hall), Allen Way, Datchet, SL3 9HR

Maidenhead Carers Support Group

Time: 1.00pm – 3.00pm
Dates/When: Third Wednesday of the month
Where: Highview, 6 North Road, Maidenhead, SL6 1PL

SUPPORT GROUPS continued.....

RENDEZVOUS at Elizabeth House

A meeting place for people with dementia and their carers. A warm friendly welcome awaits all visitors. A cup of tea, chat, some activities, useful information, advice literature and signposting available. Separate from the normal Elizabeth House activities. Sponsored and financed by Holy Trinity Church but open to all.

Time: 3.00pm – 5.00pm
Dates/When: Thursday afternoons
Where: Elizabeth House, Station Road, Cookham, Maidenhead, SL6 9BS
Contact: Catie Sharples – 07709 524 384

Windsor Carers Support Group

Time: 10.30am-12.30pm
Dates/When: Second Monday of the month
Where: Dedworth Green Baptist Church Hall, Smiths Lane, Windsor, SL4 5PE

Alzheimer's Dementia Support (ADS)

ADS run lots of clubs and activities for people with dementia and their carers:

- Lunch clubs
- Drop in Centre
- Singing for pleasure
- Tea dances

For more information contact:

Terrie Hall 07516 165647

Nancy Thorn 07516 165665

Alzheimers ●
Dementia ●
Support ●
Local support and guidance

Carers Lunch

Thank you to everyone who came to our carers lunches in Windsor and Maidenhead.

We will be holding some more lunches all around the borough and will let you know when and where as soon as possible.

Thank you to everyone who shared their ideas for ways we can help support carers in the future.



News

If you have any unwanted household aids such as walking frames and bed rails, and they were given to you by the local authority, you can now return them to Alzheimer's Dementia Support in Maidenhead.

In return the council will give the charity a small donation.

You cannot return:

- Items given to you by someone else (e.g. hospitals)
- Large items such as hoists and chairs
- Items used for personal hygiene such as commodes.



SWAMI17 – Community Group Showcase

Find out more about local community groups at these events:

Saturday 8th July: Peascod Street, Windsor

Sunday 23rd July: Community Tent, Maidenhead Festival, Kidswell Park

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'.

SIGNAL service review

The Ark has been running the carers support service – SIGNAL – since April 2016. We now support over 450 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

Access to Services, Royal Borough of Windsor & Maidenhead / Optalis – 01628 683744

Emergency Out of Hours – 01344 786543

NHS Out of Hours call 111

SIGNAL Contacts



01628 947974



waminfo@signal4carers.org.uk



www.signal4carers.org.uk



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



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