

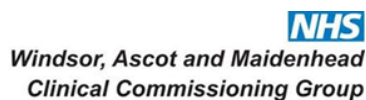
Welcome to the December newsletter



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.

Books and leaflets



With the help of the council we have produced 3 booklets to help support you as a carer.



You can download them from our website

www.signal4carers.org.uk/wamcarers



If you need these booklets in easy read or another format, please contact the office and we will do this for you.

We have lots of other leaflets and information from different groups and organisations such as the NHS.

If you contact us in the office and tell us what information you are interested in we can send it to you.

Carers UK have lots of information on their website and also do online courses that can help you in your role as a carer.

You can visit their website or you can arrange to come into our offices and we will help you.

www.signal4carers.org.uk/wamcarers/wamnoticeboard/40-digital-resources-from-carers-uk-2

Accessible Information Standard

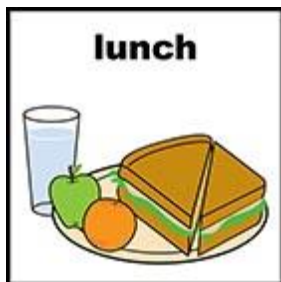
The Accessible Information Standard is to make sure that people who have a disability, impairment or sensory loss are given information they can easily read or understand.

You are receiving this easy read newsletter because you have told us this is the format you need.



If things change or if you want to let us know of other ways we can support you to understand our information, please contact us and let us know.

Carers Lunches



Coming to a 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

We are looking for somewhere in Windsor and somewhere in Maidenhead to hold a lunch later in the year (probably March) and will send you an invitation when it is booked.

If carers like the lunches we will hold them every 3 months.

First Aid Training

- You will learn important lifesaving skills and get a certificate
- The course will take three and a half hours
- You can come in the afternoon or the evening
- We can arrange and pay for your transport



When: Friday 13th January 2017. 1pm-4.30pm OR 6pm-9.30pm

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

Please contact the SIGNAL office to book.

Support Groups

These groups will help you meet other carers.

Ascot / Sunningdale Carers Support Group

Time: 10.30am – 12 noon

Dates: 2nd Tuesday of every month

Where: Recreation Hall, The Pavillion, Broomhall Lane, Sunningdale, SL5 0QS

Asian Ladies Support Group

Time: 10am – 12 noon

Dates: 1st Friday of every month (as long as the room is free)

Where: Desborough Rooms, Town Hall, Maidenhead, SL6 1RF

Please contact Nighat Ellahi to check the group is on.

Telephone: 07736 885 174 or email: nighat.ellahi@RBWM.gov.uk

Datchet Carers Support Group

Time: 10.30am – 12 noon

Dates: 3rd Wednesday of every month (**NOT JANUARY**)

Where: Day Centre, Horton Road (beside Datchet Hall), Allen Way, Datchet, SL3 9HR

Support Groups continued.

Maidenhead Carers Support Group

Time: 1pm – 3pm

Dates: 3rd Wednesday of every month

Where: Highview, 6 North Road, Maidenhead, SL6 1PL

RENDEZVOUS at Elizabeth House

Time: 3pm – 5pm

Dates: Every Thursday

Where: Elizabeth House, Station Road, Cookham, Maidenhead, SL6 9BS

A meeting place for people with dementia and their carers. Phone Catie Sharples for more information – 07709 524 384

Windsor Carers Support Group

Time: 10.30am – 12.30pm

Dates: 2nd Monday of every month

Where: Dedworth Green Baptist Church Hall, Smiths Lane, Windsor, SL4 5PE

Let's talk about.....

Keeping warm and well in winter

It is really important that you take care of yourself as well as the person you support and care for.

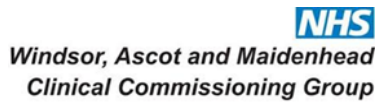
NHS England have an EasyRead booklet called:

“Stay well this winter”

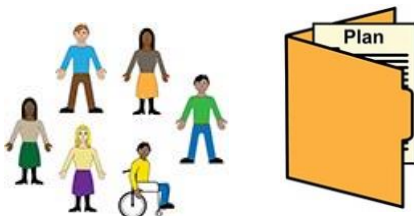
We have sent you the booklet with this newsletter.

News

Improvements to stroke care



Windsor, Ascot and Maidenhead Clinical Commissioning Group and the Clinical Commissioning Groups from Slough and Bracknell want to improve care for people who have strokes.



Patients, the public and the Stroke Association have helped them make a plan.

Some hospitals will have hyper acute stroke units.



Wexham Park Hospital will not have a hyper acute unit so most patients from Windsor and Maidenhead will have to go to Wycombe General Hospital.



Wexham Park Hospital will have a stroke rehabilitation unit, where patients will be transferred to if they need more help and support before they can go home.



Some families and carers may need to travel further to see their loved one in hospital but it is important that people receive the best possible care and treatment.

Useful contacts

Access to Services, Royal Borough of Windsor & Maidenhead – 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



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www.easyonthei.nhs.uk