**Important Information for Carers in Slough**

**Information on Financial support**

Slough Borough Council has a Benefit Take-Up team who can offer help and advice if you are confused about your benefit entitlement. The Benefits Take-Up team can provide advice, guidance, and assistance with the full range of welfare benefits, to help boost your income. They can be contacted by emailing: incomeboost@slough.gov.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. Further information can be found at this website: <https://www.slough.gov.uk/council-tax-reductions-exemptions/single-person-discount> The form to apply for the discount can be downloaded here:

[www.slough.gov.uk/downloads/download/573/class-i-council-tax--people-providing-care](https://www.slough.gov.uk/downloads/download/573/class-i-council-tax---people-providing-care)

**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 this calculator recommended by the government to double check your entitlement.

[https://entitledto.co.uk](https://www.entitledto.co.uk/benefits-calculator/Intro/Home?cid=6a3a34ca-86bf-4b1f-9c85-22ad40e4579a)

**Support for carers who work**

Carers who work are entitled to a week of unpaid leave as needed. Further details on support with work as a carer can be found here: <http://www.carers.org/help-directory/right-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. Details for which can be found here: <https://www.gov.uk/access-to-work>

**Hope College**

As a carer attending courses at Hope college can be beneficial in several ways. It can provide information about how to look after your own wellbeing as well as giving an insight into your loved one’s challenges. The college has two semesters each year and runs a variety of courses, both virtually and face to face. For further information on the courses available or to register your interest in attending please email: mailbox.hopecollege@berkshire.nhs.uk

**Carer Support Group and Information**

**The Family and Friends Group** (formerly Carer’s Café) runs every month at New Horizons and is the perfect place to meet new people and build a support network. I will be sending an invite to you as soon as the date for the next group has been set via email, so please do keep an eye out. If you have any thoughts or suggestion on what you would like to see in the sessions, please do let me know via email: [scmhtcarersupport@berkshire.nhs.uk](file:///C%3A%5CUsers%5Ccribbs%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CKWHS9X14%5Cscmhtcarersupport%40berkshire.nhs.uk)

**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, Health, Working and caring for someone, Your relationships, Technology and equipment, and a carer forum.

They provide resources in forms of factsheets and guides as well as having an active online forum where many carers have found support and practical solutions from other carers. Further information about the resources available can be found here: <https://www.carersuk.org/home>

In addition, Slough Borough Council has worked alongside carers UK to provide free online digital training and resources. To join register at: <https://www.carersdigital.org/login/index.php>

use the access code DGTL4366 when signing up to access these resources for free.

**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 assessment to fund this. Here is a link for their referral form:

<https://www.sloughcrossroads.org.uk/client-referral-form/>

**Slough Carers Support**

Slough Carers Support is knowledgeable about what is available for carers to access in terms of wellbeing activities and support in the Slough community, as well as providing a Slough Carer’s Discount Card. Their contact details can be found below.

Website: <https://sloughcarerssupport.co.uk/>

Phone: 01753 303 428

E-mail: sloughcarers@gmail.com

**Cippenham Carers Group**

They provide a group setting for carers to discuss what they face. Individuals who receive care are also invited to attend. Different local organisation also provide talks. Meetings are every 3rd Wednesday of the month at Cippenham Baptist Church between 1 and 3pm. Meeting are open to all Slough based carers.

**Mens Sheds Association**

The Mens Sheds Association accepts men and women of all ages to engage in woodwork, gardening and DIY. Locally found at Black Park, Burnham and Maidenhead. “They’re about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter”. Further details can be found here: <https://menssheds.org.uk/about/what-is-a-mens-shed/>

**Sport in Mind**

Please keep in mind further emails regarding Sport in Mind in Slough, who provide free Yoga, Pilates, Tennis and Football classes for people who engage with Slough Community Mental Health team and their carers.

**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 do email me and find further information on support here: <https://www.carersfirst.org.uk/help-and-advice/topics/dealing-with-abuse-or-neglect-as-a-carer/>

**TuVida Berkshire**

Supporting carers and their families with day centres and groups, carer respite, and carers hub. Please note we do not fund carers respite ad this is something you would have to arrange with them.

Website: <https://www.tuvida.org/berkshire>

Phone: 0118 324 7333

E-mail: berkshire@tuvida.org

**Young Carers**

If you support your loved one alongside a young carer, or have any questions regarding young carers please email SCMHTcarersupport@berkshire.nhs.net

**Wellbeing and self-care**

As mentioned during the assessment it is important that you look after your own wellbeing to ensure you can continue your caring role successfully. If you feel you need more support to do this you can contact Talking Therapies who offer several self-help, workshops, and therapies that you can access, including:

 -Wellness workshop

 -Stress-less workshop

 -Guided self-help

 -Cognitive Behavioural Therapy (CBT)

With many more options available, please visit <https://talkingtherapies.berkshirehealthcare.nhs.uk/> or call 0300 356 2000 alternatively you can email them at talkingtherapies@berkshire.nhs.uk.

If you currently receive benefits or are unemployed it is also worth exploring subsidised/free psychotherapy via the free psychotherapy network. Details for which can be found here: <https://freepsychotherapynetwork.com/>

**Useful contacts**

Finally, it is handy to store useful contacts in your phone, diary or on a notice board where you can easily find them. These can include numbers of people you have built up in your support network who you can call on when you need that extra bit of support. I have listed a few contacts you may find useful to start with:

**Duty – New Horizons** 01753 690 950 (Monday-Friday 9am-5pm)

**Crisis Team** 0300 365 9999 (out of hours service)

If you would like to talk to someone about how you are feeling, your experiences or how to deal with someone else’s behaviour; you can call the Samaritans or text SHOUT for free on all major UK mobile networks.

**Samaritans** 116 123

**SHOUT** 85258

**Condition specific support**

**Bipolar**

Bipolar UK provides family members and friends of people with bipolar are welcome to attend Slough support group, ecommunity or peer support line.

Support group: [https://www.bipolaruk.org/slough-support-group](https://eu-west-1.protection.sophos.com?d=bipolaruk.org&u=aHR0cHM6Ly93d3cuYmlwb2xhcnVrLm9yZy9zbG91Z2gtc3VwcG9ydC1ncm91cA==&i=NjJmMjRkNjRkYTViNzcxMDc3OWUxMGRk&t=R1JJSXV4OHFLNjJJdTZEWXZ1K1NXejJqb2YzUTdOTytSd3VNeUp3cm5JYz0=&h=1890418f758446b399408fd3b817c878)

Ecommunity: [https://www.bipolaruk.org/ecommunity](https://eu-west-1.protection.sophos.com?d=bipolaruk.org&u=aHR0cHM6Ly93d3cuYmlwb2xhcnVrLm9yZy9lY29tbXVuaXR5&i=NjJmMjRkNjRkYTViNzcxMDc3OWUxMGRk&t=SWJINTBDVFF4ejZLUXkyT0lUOHczeHdpay9VVHpiQnZKNVgyVGNJMzRLcz0=&h=1890418f758446b399408fd3b817c878)

Peer support: [https://www.bipolaruk.org/support-line](https://eu-west-1.protection.sophos.com?d=bipolaruk.org&u=aHR0cHM6Ly93d3cuYmlwb2xhcnVrLm9yZy9zdXBwb3J0LWxpbmU=&i=NjJmMjRkNjRkYTViNzcxMDc3OWUxMGRk&t=ZXNHbzJjM05iTlZOQ29ocngraWVWOFRZSmFDZ0Q3RUFCSjROMktnRkptMD0=&h=1890418f758446b399408fd3b817c878)

**Dementia**

You can self-refer to the service any time or call for advice or support. They are open seven days a week (9:00am to 8:00pm Monday – Wednesday, 9.00am to 5.00pm Thursday and Friday and 10:00am to 4:00pm weekends).

Support line: 0118 959 6482

Email: Berkshire@alzheimers.org.uk

Main line: 0333 150 3456

**Obsessive Compulsive Disorder**

They have a helpline to listen and provide information for people living with OCD or a related condition, their loved ones, and carers. They do not offer ongoing emotional support or befriending services, but a non-judgmental space where individuals can talk about how they are feeling or discuss any questions or concerns they may have where they will be understood and heard. They support people to navigate the NHS mental health system.

Email: support@ocdaction.org.uk

Phone:03006365478