



Caring for our Carers

Does somebody rely on you?

In Slough there are 12,000 people
giving unpaid support to a loved one.
Are you one of them?



It doesn't matter how little you think you do, what would they do without you?

If you help a member of your family, friend or neighbour to do things like shopping, housework, medication or with emotional issues, then you are a carer.

A carer is someone who provides unpaid support to family or friends who could not manage without this help. This could be a relative, partner or friend who is ill, frail, disabled or is affected by mental health or substance misuse. It includes young people under 18 who may be caring at home.

What support is available for you?

Life as a carer can be a juggling act and you might find you don't have time for yourself to do what you want to do. You may get tired and run down, and your own health may suffer. It is really important that you get the right support to help you in your caring role.

Slough Carers Support Service

If you are a carer, you can find free independent information, advice and support through Slough Carers Support. They can support you to maintain your wellbeing and stay connected to your community through providing details such as carer groups, events, training and befriending. They also offer a carer's discount card.

For more information contact:

Telephone: **01753 303428**

Email: **sloughcarers@gmail.com**

Website: **www.sloughcarerssupport.co.uk**



Slough Borough Council adult social care

As a carer you are entitled to a carer's assessment, which can help you to do the things that you want to do.

In Slough, we have moved away from a traditional needs based assessment and towards a discussion with you about what is important to you. This will:

- help you recognise that you are a carer
- look at what is important to you
- support you to maximise relationships with friends, family, other people and organisations in your communities, to help you in your caring role
- give you information and advice
- encourage you to think about contingency plans if you are temporarily unable to care for the person you support
- provide reassurance that direct support is available at crisis points, for when you may need more support than what is available through your own networks and other local services. This support could include short breaks or a direct payment.

For more information, contact Slough Borough Council's adult social care team:

Telephone: **01753 475111 Option 1**

Website: **www.slough.gov.uk/health-and-social-care/carers.aspx**

Support for carers of people with mental health problems

Berkshire Healthcare NHS Foundation Trust offer carers assessments and support to carers supporting people with mental health problems. A carer lead works across the Community Mental Health Team (CMHT) at New Horizons, and the Older People's Mental Health Team at Upton Hospital.

The Slough CMHT runs monthly "learn and share" style friends and family groups.

Website: **www.enablingtownslough.com/opportunities/carers/**

The Older People's Mental Health Team offer specialist support to carers, including access to a dementia advisor for patients who have recently been diagnosed by the Memory Clinic. They support as well signpost carers to partner and specialist groups.

For more information contact the carers lead:

Tel: **01753 690950** (CMHT)

Tel: **01753 635220** (Older People's Mental Health Team)

Website: **www.berkshirehealthcare.nhs.uk/our-services/other-services/carers-information/**

Does somebody rely on you?



Parent carers

If you are a carer of a disabled child and would like to discuss a parent carers assessment, please contact Slough Children First.

Telephone: **01753 875362**

Advocacy

An advocate can help you if you need support to express your needs during an assessment or if you're facing an issue currently. 'Advocacy in Slough' provides a free, confidential and independent service to adults.

Telephone: **01753 415299**

Email: **info@advocacyinlough.org.uk**

Website: **www.advocacyinlough.org.uk**

Young carers

A young carer is someone who helps look after a relative who may have a condition, such as a disability, illness mental health condition, or a drug or alcohol problem. Many young carers look after one of their parents or grandparents or care for a brother or sister.

What do young carers do?

A young carer may spend time cooking, cleaning, shopping, giving medication to the person they look after or help them to wash and dress. They may also take brothers or sisters to school. Young carers can sometimes feel tired and unable to concentrate on their school or college work. They can get worried or feel stressed because of their caring responsibilities.

Slough Young Carers - advice and support

Slough Borough Council has a duty to assess young carers. This will help determine the right help and support for the young person.

If you think you or someone you know might be a young carer and would like information, help or advice support is available to Slough young carers aged 11-19 years. This includes information, advice, young carers groups which offer breaks to a range of age appropriate activities such as ice-skating, cinema, bowling and even day trips out.

Please contact Early Help Hub:

Telephone: **01753 476589**

Email: **youngcarers@slough.gov.uk**

Website: **www.slough.gov.uk/young-people/**

Support from your GP practice

You can register as a carer at your GP practice, either by speaking to your GP or asking at reception. By registering as a carer you could be entitled to a health check (for over 45s), a free flu jab and flexible appointments.

Digital resources for carers

Slough Borough Council has joined forces with national charity Carers UK to offer support to carers via an online platform that can be accessed 24/7.

To find out more visit **www.Carersdigital.org** and create a new account using the code: **DGTL4366**.

Carers' allowance

A carer's allowance (CA) is a benefit for people who are 16 and over, who regularly care for a disabled person.

You may get carer's allowance if:

- you are caring for someone who gets the middle or highest rate care component of disability living allowance, or a personal independence payment daily living component, or attendance allowance
- you are caring for someone 35 or more hours a week
- you are not working or earning more than £123 a week
- you are not a full-time student (attending a course for 21 hours or more a week).

Carer's premium

You cannot get carer's allowance if you are:

- already getting income support, jobseeker's allowance, employment and support allowance, incapacity benefit or retirement pension credit, bereavement benefits and some other benefits.

You may still get some extra money, called the carer's premium, if you claim CA while on means-tested benefits.

For more information and how to apply:

www.gov.uk/carers-allowance

Helpline: **0345 608 4321**

Attendance allowance

Attendance allowance helps with extra costs if you have reached state pension age, and you have a disability that is severe enough that you need someone to help look after you. If you qualify for Attendance Allowance you may also be able to get extra Pension Credit, Housing Benefit or Council Tax Discount.

For information on allowances and how to apply:

www.gov.uk/carers-allowance

Helpline: **0345 608 4321**

Carers UK also have useful benefit advice

www.carersuk.org/help-and-advice/financial-support/help-with-benefits

National organisations

National organisations offer lots of advice and support for carers.

Carers UK

Website: www.carersuk.org
Telephone: 0808 808 7777
Email: info@carersuk.org

Carers Trust

Website: www.carers.org

GOV.UK

Website: www.gov.uk/browse/disabilities/carers

Children's Society

Website: www.youngcarer.com
Telephone: 01962 711511

Slough community groups and charities

Aik Saath

Support, information and activities for young carers.
Telephone: 01753 574780 or 07547 559050
Email: info@aiksaath.com
Website: www.aiksaath.com

Apna Versa

Offer a range of free exercise classes for carers including pilates, yoga and Bhangra for 50 Plus.
Email: apnavirsaproject@gmail.com
Mobile: 07598 533336
Follow: www.facebook.com/apna.versa

Alzheimers Dementia Support

Practical guidance and a wide range of services to help people in the community whose lives are directly or indirectly affected by dementia.
Telephone: 07516 165665 or 07516 165647
Email: info@alzheimersdementiasupport.co.uk
Website: www.alzheimersdementiasupport.co.uk

Alzheimer's Society

Advice and support for those caring for a person with dementia.
Telephone: 01628 626331
Email: berkshire@alzheimers.org.uk
Website: www.alzheimers.org.uk

Autism Berkshire

Help and support for anyone living or caring for someone with autism in Berkshire.
Telephone: 01189 594594
Email: contact@autismberkshire.org.uk
Website: www.autismberkshire.org.uk

Cippenham Carers Group

A group that meets monthly to chat with other carers, share food, enjoy a sing song and do some seated exercise.
Email: zhorajefferies@yahoo.com

Health and Wellbeing Slough

Provides FREE integrated health services to Slough residents including carers. This includes help with NHS health checks, adult weight management, stop smoking services, oral health, falls prevention, alcohol advice and support with emotional wellbeing.
Telephone: 0800 0614734 or 01753 373646
Email: info.hws@nhs.net
Website: www.healthandwellbeingslough

Macmillan Cancer Support

Information, practical advice and support for those and their families, affected by cancer, via Wexham Park Hospital drop-in.
Telephone: 01753 634886 or 0300 6154886
Email: fhft.macmillan.information@nhs.net

Slough Asian Carers

Support for Asian carers in a social environment.
Telephone: 01753 530579

Special Voices

A group of parents and carers of children and young people with additional needs, working in partnership with voluntary and statutory organisations.
Telephone: 07990 693439
Email: info@specialvoices.co.uk



If you would like the information in this leaflet translated into another language, please telephone 01753 475111 Option 1 or email beinvolved@slough.gov.uk.

Made by Slough carers for carers