

Call us: 0118 324 7333

Email us: [ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)

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**WOKINGHAM**  
BOROUGH COUNCIL

Free access to support and services for  
Carers in Wokingham Borough



Are you – or is someone you know –  
providing much-needed care for a  
loved one?

**Advice**  
Peer support  
Carer breaks  
**Training**  
Discounts  
**Grants**  
Information



There is free, personalised support  
waiting for you to make things easier.

If you require this information in an  
alternative format, please let us know.

Call us to find out more:

**0118 324 7333** Lines are open Monday to Friday, 9am - 5pm

## Are you a Carer?

You may not see yourself as one, but if you are looking after someone – whether it be an adult or child – who fits one or more of the example descriptions below, then you are a Carer.

They:

- are elderly and frail
- are physically disabled
- have a learning disability
- have mental health problems
- have a history of substance misuse
- have a long term health condition
- have a sensory impairment

Did you know that there is a range of support available to you, which will help you look after yourself as well as the loved one you care for?

## How can we help you?

Carers Trust provides a range of support and services to carers and their families. To access the Wokingham Outreach Carers Service, please ring the Hub helpdesk on:

**0118 324 7333**

## What kind of support and services do we provide?

The Wokingham Outreach Carers Service can offer:

- Information, advice and guidance
- Signposting to other organisations
- Short break accommodation
- Access to Carers support groups
- Free access to local leisure, health and well-being facilities
- 'CarerSmart' benefits and discounts
- Free training and caring support
- Access to Carers breaks
- Carers grants
- Peer support

