

Call us: **0118 324 7333**

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

Connect with us:

 [www.facebook.com/RWBCarersHub](https://www.facebook.com/RWBCarersHub)

 [@RWB\\_Carers\\_Hub](https://twitter.com/RWB_Carers_Hub)

Visit our website: [www.berkshirecarershub.org](http://www.berkshirecarershub.org)



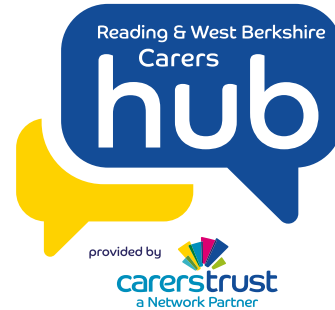
  
*North and West Reading  
Clinical Commissioning Group*

  
*South Reading  
Clinical Commissioning Group*

  
*Newbury and District  
Clinical Commissioning Group*




**Free access to support and services for  
Carers in Reading & West Berkshire**



**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.

Find out more: call the **Carers Hub**  
**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 which can be accessed via the Carers Hub – funded by Reading Borough Council, West Berkshire Council, North & West Reading CCG, South Reading CCG and Newbury & District CCG.

By contacting our Helpdesk on **0118 324 7333**, you can speak to an experienced support worker who will provide a personalised service that meets your individual needs.

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

The Reading & West Berkshire Carers Hub 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
- ‘Carers Smart’ benefits and discounts
- Free training and caring support
- Access to Carers breaks
- Carers grants
- Peer support

