

Useful telephone numbers

Carers UK:
Barbara Briggs
01344 451656

Bracknell Forest Council:
Adult Social Services
01344 351500

Bracknell Citizens Advice Bureau
0844 499 4107

Carers Emergency Respite Scheme
Princess Royal Trust for Carers
01344 351263

The Carers Grant
Administrator 01344 383511

Domestic Support Service
Co-ordinator 01344 383516

Leaflet produced by:
Bracknell Forest Voluntary Action
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Bracknell
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BRACKNELL FOREST
VOLUNTARY
ACTION

supporting voluntary and community
organisations in the Borough

Does someone rely on you?

Are you an adult providing unpaid, informal care for a partner, spouse, family member, friend or neighbour?



Supported by



Bracknell Forest Voluntary Action
is an independent charity which
can offer information and support

How can we help?

Our Carers Information and Advice Worker can offer home visits to listen to your concerns and help you find information about the following:

- Eligibility for benefits
- Lasting Power of Attorney
- Voluntary groups which offer support and services
- Opportunities to meet other Carers
- Carers events
- Carers Emergency Respite Scheme
- Referral for Carers Assessments
- The Adult Carers Information Pack
- Access to the Individual Carers Grant, along with help completing the form
- Befriending Scheme
- Activities in the borough

We will do our best to help you find answers to any questions you may have.

For more information please contact:

Jane Currie

Carers Information and Advice Worker

Telephone: 01344 383524

This post is supported by
The Big Lottery



Events for Carers

Bracknell Forest Voluntary Action recognises that Carers need a break from their caring role and organises six events per year for Carers. We are able to offer transport and fund professional respite to help you to attend. Some examples of the types of events we have held in the past have been:

Training / Learning events:

- Emergency First Aid
- Lifting and handling the person you care for
- Stress management
- Understanding and living with dementia
- Self confidence and assertiveness

Social Events:

- Crafty afternoon, with jewellery making and card making
- Carers BBQ
- Carers pamper day, with a variety of therapies
- Harvest Festival Feast with line dancing lesson

To register as a carer and receive invitations to these events, along with invitations to quarterly Carers UK lunches, please contact:

Melanie Randall

Adult Carers Support Worker

Tel: 01344 383517