



## **CARER SUPPORT**

If you require any further information, please contact your nurse, GP or visit our website <https://milmanandkennetsurgery.co.uk/wellbeing/carers/>

### **Berkshire Carers, Berkshire carers Hub**

<https://rva.org.uk/organisation/west-berkshire-carers-hub/>

Berkshire Carers Service supports unpaid carers throughout Berkshire. They are an information, advice and support service. They can help with:

- Information about benefits
- Information about health and social care services
- Emotional support
- Finding services
- Form filling
- Meeting other carers
- Planning a break
- Working and caring.

**All services are free to carers.**

Telephone: 0800 988 5462/0118 324 7333 available 9am – 5pm Monday, to Friday  
email: [helpline@berkshirecarers.org](mailto:helpline@berkshirecarers.org) or [ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)

### **Crossroads Care Reading**

Crossroads Care Reading provide support in the home to enable carers to have a break from their caring responsibilities.

Telephone: 0118 9454209 or 24 hours 0118 9454218

Website: [www.readingcrossroads.org](http://www.readingcrossroads.org)

### **Berkshire Care Services Directory**

<https://www.carechoices.co.uk/publication/berkshire-care-services-directory/>