

When and where to find us

Reading

Outside Sainsbury's
7 – 8 Broad Street
Reading RG1 2BH

Tuesday 11 June
10.30am – 2pm

Bracknell

The Lexicon Shopping Centre
Outside St Joseph's Church
39 Braccan Walk
Bracknell, RG12 1HA

Wednesday 12 June
10.30am – 2pm

West Berkshire

Thatcham Rugby Club
Henwick Worthy Sports Fields,
Henwick Lane, Thatcham
RG18 3BN

Thursday 13 June
11am – 3pm

Wokingham

Woodley Town Centre
Shopping Precinct
Crockhamwell Road
Woodley RG5 3JP

Friday 14 June
10.30am – 1pm

Maidenhead

Tesco - Dedworth
290 Dedworth Road,
Windsor, SL4 4JT

Friday 14 June
2.30pm – 5.00pm

www.berkshirehealthcare.nhs.uk



Berkshire Healthcare
NHS Foundation Trust

Putting carers on the map



Our Health Bus will be visiting sites throughout Berkshire during **Carers Week 2024** (10 – 14 June).

See the back of this booklet for full details of dates and locations.

Are you a carer?

A carer is anyone, including children and adults, who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem, or an addiction, and cannot cope without their support.

The care they give is **unpaid**.

Caring can take a variety of forms, such as personal care, practical help with things like shopping or housework, emotional support, or help with managing behaviours or relationships.

You don't have to be living with the person you support to be helping to care for them. You could be helping for a few hours a week or supporting them full time.

If this sounds like you, register as a carer with your GP.

What is a Carer's Assessment?

Under the Care Act 2014, **local authorities have a legal duty** to provide adult carers with a Carer's Assessment.

The assessment is free and separate from the needs assessment the person you care for might have.

It looks at your physical, mental and emotional needs.

Any carer who needs support can have an assessment regardless of the amount or type of care they provide, finances or level of need for support.

Further information

Visit www.berkshirehealthcare.nhs.uk/carers or scan the QR code below to read our **Friends, Family, and Carers Charter** which sets out our pledge to promote a culture of supporting and working in partnership with carers.

Our webpage also has information about:

- Your health and wellbeing
- Your rights as a carer, including links to help you find out if you're eligible for any benefits or allowances
- Local support for carers
- Help and advice for Mental Health
- Our services

