

The Berkshire Carer



Newsletter of Berkshire Carers Service

Autumn 2014

Make yourself a priority

Staying healthy is important for everyone but it's especially important for carers.

Many carers have little time to themselves for cooking nutritious food or exercising, and many feel emotionally drained or stressed and sleep badly.

This makes carers prone to poor health, which can be made worse by a lack of time to be able to see a doctor or pharmacist.

At Berkshire Carers Service we know that 85 per cent of carers who contact us have emotional and/or mental health needs arising from their caring role.

Many carers also experience high levels of social isolation and disengagement from everyday life.

It's all too easy to put the person you care for first but looking after yourself is the best way to ensure you are able to continue caring. In fact, it's essential. We know this is easier said than done but what would happen if you became too ill to care?



Our top tip for carers is to make yourself a priority. Paying more attention to yourself can be positive for you and the person you care for. Here are some ideas; go on give at least one a try. It won't solve everything but it just may help. Try to do one good thing for yourself each day, week or month - whatever works for you.

Put yourself first and stay well

Be informed: Make sure you are fully informed about the help available to you. Ring our Freephone Carers Line on 0800 988 5462. Don't wait until you're in crisis to get help!

Join a group. There are dozens of groups in the community. Find one near you.

See www.berkshirecarers.org for local support groups and events.

Try talking to friends and family. Many carers tell us that talking is one of the most important types of help they can get. Your family and friends may be able to offer practical help or a listening ear. If it's not easy to talk

to family or friends you can go on-line and chat with other carers. Talk to your GP if you think you would benefit from seeing a counsellor.

Tell your GP you are a carer

Make time to see your GP to discuss any stress or depression or sleep problems and remember to ask them to put you onto their Carers' Register.

Tell your employer

Talk to your employer to see what help or support they might be able to offer.

Take regular breaks from caring.

Make sure you have had a Carer's Assessment and speak to Crossroads Care about arranging care for the person you are looking after. You may also be able to get financial help towards the cost of a break from your local authority

Lastly...Don't forget to eat well and take some exercise.

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Help us save money!

IT HELPS us to save money if we can send the newsletter to you by email. The more we have to print the higher the cost!

To join our online mailing list please send a quick email to helpline@berkshirecarers.org with your name and address telling us you would like to get the newsletter via email. As an added incentive those who receive it by email usually get it before those who get it in the post!

Grey pride!

Silver photographic competition

BERKSHIRE Carers Service is marking Silver Sunday, which celebrates the value and knowledge older people contribute, tackling negative attitudes and outdated stereotypes, with a photographic competition which asks carers to capture a 'Silver Moment'.

Entries will be entered into a prize draw with the chance to win a £50 voucher. Entries to be emailed to helpline@berkshirecarers.org by Friday November 28.



Earnings limit for Carers' Allowance raised

THE GOVERNMENT has announced that from April 2015, the earnings threshold for Carers' Allowance will be raised to £110 a week.

This is a rise of £8 on the previous limit of £102. The change means that more people will have the opportunity to work part-time and still be eligible for the full £61.35 a week Carers' Allowance.

Nick Clegg, Deputy Prime Minister said: "Carers are the lifeblood of the welfare system, and are vitally important to British society as a whole.

"It is important that we help people where they have made the choice to concentrate on caring for someone

who is severely disabled, and I am delighted to be able to announce some extra help for those who provide such often thankless service."

Norman Lamb, Social Care Minister, said: "As the economy begins to recover and we raise the National Minimum Wage to help families on low incomes, it is right that the support we give carers keeps pace.

"So we have moved to make sure that the support we give to people who carry out valuable work caring for relatives and friends does so.

"This significant rise in the earnings threshold provides that reassurance."

Carers have a voice on our forum

BERKSHIRE Carers Service's Carers Forum gives carers the chance to have their say on issues of concern and new and developing services.

The forum acts as a representative group, which meets quarterly, to discuss issues affecting carers.

Forum members have been looking at issues surrounding the new Care Act and services they may be prepared to pay for.

A sub-group has also been busy working on developing new carers' assessment forms.

Ways you can get involved

- Take part in discussions about issues affecting you

- Join small review groups to work on a particular issue affecting carers
- Represent carers' views in meetings, consultations and discussions with statutory organisations
- Complete questionnaires and surveys
- Give your views at specialist groups or meetings that are provided by our partner organisations.
- Tell your story

If you want to get involved in shaping the future of services for carers, please call us on 0800 988 5462 or email helpline@berkshirecarers.org

Must have training! Tell your employer

BERKSHIRE Carers Service offers training for professionals, which aims to raise awareness of the issues facing carers. It includes:

- Defining the word 'carer' as meant in statutory legislation
- Services provided by Berkshire Carers Service
- To understand the primary issues facing unpaid carers
- To help employers identify colleagues in the workforce who are providing an unpaid caring role
- To help professionals understand the need for signposting unpaid carers to



appropriate specialist information and advice services

- To understand the legislative framework to support unpaid carers.

Each session is 2.5 hours.
For further information, please call 0800 988 5462 or email helpline@berkshirecarers.org.

Paying for services? Tell us what you think



The new Care Act brings in improved rights for unpaid carers. It may open the door for more local authorities to charge carers for services. Help us to help shape our future services and give feedback to statutory bodies by sharing your views. As a thank you we will enter all completed surveys into a draw to win a £50 voucher.

Many people don't recognise themselves as carers. Do you like the term carer? Yes No

Under the new Care Act all carers will be entitled to an assessment of their needs.

Can you suggest an alternative?
.....

Would you prefer a different word to 'assessment?' (review, check-up or evaluation, for example?)
Yes No

There are concerns that the new Care Act may open the door for more local authorities to charge carers for support.

Preferred word
.....

What are your views on charging for services recommended to support your needs?

What sort of outcomes do you think would help carers cope with their caring role?
.....

I am willing to pay for: *(tick any if yes)*

- information and advice?
- training?
- support groups?
- counselling?
- respite services?
- activities?

Who is best to carry out the assessment? *(please circle one)*
Social Worker/Health
Professional/Voluntary Sector

Getting involved

Cont from page 6

Should a carer always be offered an assessment in private without the person they care for? **Yes No**

Should the assessment be: *(tick one)*

Face-to-face?

Completed by the carer?

Advocacy:

Local authorities will have a duty to offer advocacy. (An advocate might help you access information you need or go with you to meetings or interviews in a supportive role.

They may speak for you when you don't feel able to speak for yourself or write letters on your behalf.)

Have you experienced a situation when advocacy would have helped?

Yes No

Is it important the advocates have direct experience of unpaid care?

Yes No

Should information & advice be provided by: *(please tick one)*

A local authority

A charity

An independent adviser

Please rate in order of preference

(Rate 1 for highest)

Advice is best provided:

Face-to-face

By telephone

Online

Should information and advice services be available 24/7? **Yes No**

Which areas of information and advice do you see as the most important? *(Please tick five)*

- Financial
- Benefits
- Paying for care
- Housing
- Accessing respite
- Counselling
- Finding local support groups
- Finding local services
- Employment rights for carers
- Accessing learning and leisure
- Grants for carers
- Transport
- Dealing with professionals
- Hospital discharge
- Carers' assessments
- Training for the caring role

Please tear out and return to Berkshire Carers Service, St Giles House, 10 Church Street, Reading, RG1 2SD. If you would like to be entered into the prize draw, please fill in the form. We will make the draw on Friday December 19.

Name:.....

Address:

.....

Postcode:.....

Tel no:

Staff Q & A

Outreach Officer Jo Ambler tells all...

What's your background and why did you want to work with carers?

My background is a little hard to 'pin down' as it has been quite varied. However, there is a theme that runs throughout in that my roles have involved caring in some way, from teaching in China to counselling people on a one-to-one basis. I enjoy working with carers as it is important to me that awareness continues to be raised about carers and the challenges they face and to realise the significant contribution they make. Carers are diverse and interesting people and their voices need to be heard.

Name one thing that would improve the lives of carers?

More understanding and empathy from service providers of how crucial a carer's role is.

What do you like most about your job?

The flexibility and that I am able to direct the role in the direction I feel is most beneficial to carers. I also meet many interesting and wonderful people from all corners of life.



What do you like the least?

Possibly the future of current services for carers and how there is some uncertainty about what direction they will take.

If you won the lottery, how would you spend your winnings?

Firstly, I would retire. Secondly, I would rescue dogs and donkeys from countries that have no animal rights in place and house them in luxury somewhere remote in France until they pass away.

What's the best advice you've ever been given?

To make a difference.

• For information about events, support groups and activities to support carers, please visit www.berkshirecarers.org or call 0800 988 5462.

Problems with the family home

Solicitors Clifton Ingram LLP give advice on how to protect yourself from future property

Do you live with the person that you care for? Have they moved into your home so that you may care for them? Or maybe you have moved in with them?

If any of the above apply to you, have you considered what would happen to your home if the person you looked after required care in a care home?

We are often asked to advise on care home fees and family homes, as many people will not have considered how their situation may change as time goes on. It is therefore important that expert advice is sought early so that future changes in circumstances can be anticipated and protected against.

It is essential that the parties have a 'common intention' regarding how living arrangements will work now and in the future. This should be recorded in a document, often a declaration of trust or other written agreement, signed by all parties potentially affected, to ensure there is no confusion should circumstances change and to protect the interests of all concerned.

It is very difficult to prove intentions after the event if there is no written record. What is more, the ex-



pense of reaching an agreement in writing will often highlight and resolve potential areas of misunderstanding which, if left unresolved, could cause untold trouble in the future.

Perhaps you have given up your own home to live with a person you care for. If that person required residential care in the future and became responsible for paying for that care, then you may be informed that the home has to be sold to pay the care fees. In fact this is normally not the case as the home should be disregarded in any financial assessment.

Often, the carer will have contributed financially to the new home and it is essential that the exact terms of their contribution are set out in writing in order to protect their interest. Conversely, the person you are caring for may have contributed financially towards the purchase of a larger property to live in with you. The terms

More carers have right to request flexi working



Changes to employment law have come into force that extend the right to request flexible working to more carers

Prior to the change, only those who have children or caring responsibilities for older or disabled family members had the right to request flexible working - but with this extension, any staff member who has worked with their employer for

more than 26 weeks will be able to request flexibility, for any reason.

Requests can cover changing hours, times or places of work.

Flexi-time or part-time working are just two examples of working patterns that can constitute flexible working. Employers can only refuse requests for certain specified reasons and should deal with requests in a reasonable manner.

Avoiding financial headaches.

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of that joint ownership should be agreed and set out in writing at the outset.

If you have moved in with the person that you are caring for and you have not made a financial contribution, you are likely to be occupying under a licence, which could leave you in an extremely vulnerable position if the person you are caring for was no longer able to live there.

A final point to remember is that sometimes a carer will move into a person's home on the understanding that they will inherit the house after they have died, but be warned, this

may not happen if the person goes into residential/nursing care and the house is sold to pay for that care. Furthermore the person being cared for would need to make a Will specifically to stipulate that the house should pass to the carer.

For further advice on this please contact Stephanie Rose, who is a Partner in the Tax Planning, Wills and Probate department at Clifton Ingram Solicitors, and specialises in advising on the affairs of the elderly and vulnerable.

Tel: 0118 952 3562

Stephanierose@cliftoningram.co.uk

Check if you're eligible for Warm Home Discount Scheme



PEOPLE on low incomes may be able to get a £140 discount on your electricity bill through the Warm Home Discount Scheme.

If you are getting the Guarantee Credit element of Pension Credit you will qualify automatically as long as your name or your partner's name is on the bill.

For other customers on low incomes, it will be up to your supplier to decide whether you can get the Warm Home Discount. You may be eligible if you have a disability or

long-term illness, or children.

Each supplier has their own rules about who else can get the discount. You should check with your supplier to see if you can get it.

The money isn't paid to you directly but taken off your bill for winter 2014 - 2015. This discount won't affect your Cold Weather Payment or Winter Fuel Payment.

More information on applying for the Warm Home Discount is available at www.gov.uk or at the Warm Home Discount helpline on 0845 603 9439.

Reading wins £9.6m Better Care bid

READING Borough Council, together with local Clinical Commissioning Groups (CCGs), have been successful in their £9.6 million bid to the Better Care Fund (BCF). The Better Care Fund is not new money, but is moving funding to community based services.

A key component of the Reading BCF bid is to care for people at home as long as possible in a safe, clinical environment. A 'Hospital at Home Service' will also help patients who need initial intensive 24 hour support and treatment that can be managed at home, with follow-up community-based care.

The announcement means Reading is one of only five local authorities to be given the chance to fast-track their integrated health and social care plans.

Royal College's six asks to improve the nation's mental health

ROYAL College of Psychiatrists' president Professor Sir Simon Wessely has called for a firm commitment from all political parties to take action to ensure that the millions of people who do, and will experience mental health problems are given timely, appropriate care.

His call came as the Royal College of Psychiatrists launched a manifesto that wants the next government to ensure mental and physical health are given equal value.

Making Parity a Reality: six asks for the next Government to improve the nation's mental health, sets out the College's wish list to help ensure that the millions of people who do, and will, experience mental health problems are given the care and support they need and deserve.

The manifesto has six key asks:

- 1) Everyone who requires a mental health bed should be able to access one in their local NHS Trust area, unless they need specialist care and treatment. If specialist care is required, then this should be provided within a reasonable distance of where the patient lives.
- 2) No-one should wait longer than 18 weeks to receive treatment for a mental health problem, if the treatment has been recommended by NICE guidelines and the patient's doctor.
- 3) Everyone experiencing a mental



health crisis, including children and young people, should have safe and speedy access to quality care, 24 hours a day, 7 days a week. The use of police cells as 'places of safety' for children should be eliminated by 2016, and by the end of the next Parliament occur only in exceptional circumstances for adults.

- 4) Every acute hospital should have a liaison psychiatry service which is available seven days a week, for at least 12 hours per day. This service should be available to patients across all ages. Emergency referrals should be seen within one hour, and urgent referrals within five working hours.
- 5) A minimum price for alcohol of 50p per unit should be introduced.
- 6) There should be national investment in evidence-based parenting programmes, in order to improve the life chances of children and the well-being of families.



Pharmacies well-placed to tackle major public health concerns

COMMUNITY pharmacies could play a vital role in tackling major public health concerns such as obesity and smoking because the vast majority of people in England live within easy walking distance, say researchers.

The Durham University study is the first to show that most people can get to a community pharmacy easily with the greatest access in deprived areas.

The findings show that the often-quoted inverse care law, where good medical care is most available to those who need it least, does not apply to pharmacies.

The researchers are now calling on the Government to enable community pharmacies to provide more services to

help tackle major public health concerns such as obesity, smoking and alcohol.

Overall, 89 per cent of the population was found to have access to a community pharmacy within a 20 minute walk. Access in areas of highest deprivation was even greater with almost 100 per cent of households living within walking distance.

Dr Adam Todd from Durham University's School of Medicine, Pharmacy and Health, said: "With easy access without patients needing to make an appointment, the results suggest there is potential for community pharmacies to deliver public health interventions to areas which need it most."

Don't forget - as a carer you should have the flu vaccination

**What is flu? Isn't it just a heavy cold?
How will I know I've got it?**

Flu occurs every year, usually in the winter, which is why it's sometimes called seasonal flu. It's a highly infectious disease with symptoms that come on very quickly. Colds are much less serious and usually start gradually with a stuffy or runny nose and a sore throat. A bad bout of flu can be much worse than a heavy cold.

The most common symptoms of flu are fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness. In most cases, the symptoms are quite mild, but in others, they can be very serious.

Healthy individuals usually recover within two to seven days, but for some the disease can lead to hospitalisation, permanent disability or even death.

Who should consider having a flu vaccination?

Even if you feel healthy, you should have the free flu vaccination if you are:
pregnant or have a heart problem; a



chest complaint or breathing difficulties, including bronchitis or emphysema; a kidney disease; lowered immunity due to disease or treatment (such as steroid medication or cancer treatment); liver disease; had a stroke or a transient ischaemic attack (TIA) or diabetes.

You should also have the flu vaccination if you are:

- aged 65 years or over
- living in a residential or nursing home
- the main carer of an older or disabled person
- a household contact of an immunocompromised person
- a health or social care worker,

It is best to have the flu vaccination in the autumn before any outbreaks of flu.

Remember that you need it every year, so don't assume you are protected because you had one last year.

For advice and information about the flu vaccination, speak to your GP, practice nurse or pharmacist.

Every patient to get named GP

FOR THE first time in a decade, every patient in England will get a named, accountable GP, Health Secretary Jeremy Hunt has announced.

Under changes to their contract with the NHS, GPs will ensure all 53.9 million people in England will get a dedicated GP personally accountable for coordinating care tailored to their physical and mental health needs. Health Secretary Jeremy Hunt said: “GPs are the bedrock of the NHS and by bringing back a named accountable GP for everyone we will strengthen the relationship between GPs and their patients.”



“I understand the pressures that general practice is facing with an ageing population, but we want to make sure that all patients get personalised care tailored to their physical and mental health needs, supporting people to live healthier lives.”

Big step forward in Alzheimer’s research

SCIENTISTS have identified a set of 10 proteins in the blood which can predict the onset of Alzheimer’s, marking a significant step towards developing a blood test for the disease.

The study, led by King’s College London and UK proteomics company, Proteome Sciences plc, analysed over 1,000 individuals and is the largest of its kind to date.

There are currently no effective long-lasting drug treatments for Alzheimer’s, and it is believed that many new clinical trials fail because drugs are given too late in the disease process.

A blood test could be used to identify patients in the early stages of memory loss for clinical trials to find drugs to halt the progression of the disease.

Exciting range of bespoke courses

Bracknell and Wokingham College provide an exciting range of courses for carers in Wokingham Borough. These courses are for unpaid carers who live in the borough or who care for residents of the borough and those who care for children with physical or learning disabilities attending schools within Wokingham Borough. See course information at www.bracknell.ac.uk.

Campaign launched to give young carers a fair start

A NEW campaign has been launched by Carers Trust to give young carers a fair start and the chance to achieve at school.

Carers Trust want the government to give extra funding to schools so they can support young carers to have the same life chances as everyone else.

Young carers face extra challenges in school because of their caring role. Carers are as young as five years old and nearly 15,000 children care for more than 50 hours a week.

This figure is only the tip of the iceberg and there are many more young carers than official statistics suggest.

Caring can affect their grades and their ability to make friends.

But young carers are often hidden - their teachers might not even be aware of their caring role.

The Government has shown it is committed to protecting young carers from harmful caring roles but we must get the government to understand that schools are key to identifying and supporting young carers early enough and getting them the support they need.

What form this takes will be different depending on the pupil and their circumstances but there are



some things that Carers Trust would recommend in each school:

- A staff member with responsibility for young carers
- All staff and leaders to be trained in recognising young carers and what support they might need
- Support groups for young carers
- Someone and somewhere young carers know to go to for help

A great way for schools to be able to offer the extra support that young carers need is from something called the Pupil Premium.

This is extra money that the government makes available to each school to give a helping hand to schoolchildren who would otherwise struggle.

The money can then be spent by the school in the way they think it will best help their pupils.

Carers Trust wants Pupil Premium to be given to all young carers so they can get the same life chances as everyone else.

Find out more about the campaign and how you can get involved at

www.carers.org/fairstart



Supporting Young Carers in Berkshire

Free activities for young carers

DO YOU have a teenager in your household aged 11 -13 who would like to go ice skating or bowling? Or maybe try their hand at climbing or laser quest?

Young carers can chill over the autumn with an exciting programme of free activities arranged by Berkshire Carers Service thanks to generous funding from the Blagrave Trust.

The activities are available to young people aged between 11 and 13 who look after a parent, brother, sister or grandparent who is ill, disabled or who has an addiction.

All the events, which are running in October, November and December can be booked through www.chillberkshire.org - a valuable new resource for young carers in Berkshire.

Elsbeth McPherson, chief executive of Berkshire Carers Service, said young carers often missed out on enjoying leisure activities and days out.

Join Matter to have a natter

RESEARCH reveals a quarter of young adult carers, aged 16-25, have been bullied because of their caring role. Why not join Matter, Carers Trust's new online community for support? It offers a blend of information, peer advice and social interaction.

Visit <https://matter.carers.org/>



She said: "We know that a staggering 86 per cent of families with disabled children will give up all social activities making it particularly hard on their siblings.

"These events will give them the chance to have some time to themselves, have fun and to make friends with other young people in a similar situation."

Book online or call 0800 988 5462 for further information.

Don't forget. We can help with...

- advice and information
- help with benefits
- information about other services
- form filling
- a friendly listening ear
- an email helpline.

All our services are free to carers.

email helpline@berkshirecarers.org

Don't forget our website is available 24/7.

www.berkshirecarers.org



Call us on freephone 0800 988 5462

50 50 Club could make you a winner

Our 50:50 club has been running for two successful years and we would love more people to join to help us make the monthly prize money even bigger.

The club is a fabulous way to support our service with the added bonus that there's a chance of winning a cash prize.

Half the money raised each month goes towards funding our work with carers and half can be won by a ticket holder.

For a payment of £12, which will buy one ticket for a year's entry into a monthly draw, people will be supporting our charity and also giving themselves the chance of winning a monthly prize.

You can buy more than one number. The draw takes place on the last Friday of the month and winners will be notified by post.

To join the lottery, please call 0800 988 5462 or download a form at www.berkshirecarers.org.



Check out our website for news of our latest events for carers

CARERS enjoyed a trip to the Hexagon, Reading to see the Rat Pack last month (*photo left*). Tai Chi and afternoon tea are also on offer. To find out what events are running, visit www.berkshirecarers.org or call 0800 988 5462.



Join us at our AGM!

PLEASE join us for our Annual General Meeting on Thursday October 30. As well as the formal business there will be an opportunity to hear from our chief executive, Elspeth McPherson, about the work we have done throughout the year.

People who are members of Berkshire Carers Service have the right to vote at the AGM.

The meeting will be held at New Hall, Sportsable, Braywick Sports Ground, Maidenhead, SL6 1BN from 11am - 1pm. For catering purposes, please let us know if you plan to attend by calling 0800 988 5462.

Support groups help lighten the load

'It helps enormously discussing different problems and other people's views. We also have a laugh over a cup of tea and biscuits, which helps to lighten the day.'

BERKSHIRE Carers Service runs a number of support groups, which many carers find extremely beneficial. To see what groups are running in your area, please visit www.berkshirecarers.org or call 0800 988 5462.

We are also looking for volunteers to help us run the groups. Please email kerry@berkshirecarers.org if you are interested in find out more about helping out at a support group.

Save the date!



THIS YEAR'S Carers Rights Day is taking place on Friday 28 November.

The day always focuses on increasing the take up of benefits, making sure carers know their rights, guiding carers towards practical support and raising awareness of carers' needs.

Berkshire Carers Service has an event booked at the Holiday Inn, Winnersh, which will look at what the new Care Act will mean for carers.

All carers welcome to attend. 10am - 1pm. Call 0800 988 5462 to book.

See www.berkshirecarers.org for further details.

New information and advice drop-ins

CARERS can see advisers from Berkshire Carers Service out and about in the community.

We have a new carers drop-in at the Bracknell Urgent Care Centre, Royal Berkshire Bracknell Healthspace, London Road, Bracknell, RG12 9BG starting on Monday December 1st. Appointments can be booked between 9am - 1pm. The sessions will run on the first Monday of each month.

Information and advice sessions are also running in Datchet and Maidenhead. See www.berkshirecarers.org for dates and times or call 0800 988 5462.

Sessions are also held on the last Friday of each month from 10am - 12 noon at the Running Man Cafe, All Saints Church, Dedworth, Windsor, SL4 4JW.



Follow us on Twitter. Find us @BerksCarers.

Fundraising

Buy gorgeous giftwrap online and support us!

BUY gorgeous Christmas gift wrap online from Northbrook Fundraising at and Berkshire Carers Service gets 22% cashback on all sales!

All you have to do when you place your order is pick Berkshire Carers Service from the dropdown list. Orders will be delivered to your home address within four working days. There is a small P&P charge. All Christmas items cost £3.50, which raises 77p for us!



We hope you like this year's selection and will buy through Northbrook to raise funds for Berkshire Carers Service.

The range, which include birthday cards and cosmetics can be bought all year around, from the website. www.northbrookfundraising.co.uk

Donations make a big difference

Berkshire Carers Service is a charity and we are always grateful for any donations we receive to help us carry out our work.

If you wish to make a donation, no matter how small, please use the form below. If you are a taxpayer, we can reclaim tax on every donation you make

at no extra cost to you using Gift Aid.

If you are thinking of leaving a legacy to the Carers Service you will need to ensure your Will specifies our full name and our registered charity number, which is 1042294.

To discuss leaving a gift, please call Deborah on 0800 988 5462.

Please use the form below and return to Berkshire Carers Service, St Giles House, 10 Church Street, Reading, RG1 2SD.

I would like to make a donation of £ to Berkshire Carers Service. *Please make cheques payable to Berkshire Carers Service.*

I am a UK taxpayer (please tick).

Name: _____

Address: _____

Postcode: _____