

**Macmillan Cancer Information and Support Centre at  
Wexham Park Hospital - Tel: 0300 615 4886**

**E-mail: [fhft.macmillan.information@nhs.net](mailto:fhft.macmillan.information@nhs.net)**

**Macmillan Cancer Navigators at  
Frimley Park Hospital - Tel: 0300 613 3535**

**E-mail: [fhft.macmillan.cancernavigators@nhs.net](mailto:fhft.macmillan.cancernavigators@nhs.net)**

**A drop-in centre at Wexham Park Hospital providing a wide range of free information to help people with cancer, their friends, families, and carers. We offer cancer patients general support, practical advice and referrals to wellbeing and benefit services.**

**(Due to COVID-19 services may change - please check with providers directly for latest information)**

## Carers Support Information Sheet

Agency	Contact Details
<b>Macmillan Cancer Support</b> Offering free confidential advice, support and information with access to appropriate up-to-date resources and online communities.	Tel: 0808 808 0000  <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>
<b>Berkshire &amp; Buckinghamshire</b>	
<b>TuVida Reading</b> Supporting carers and their families.	Tel: 0118 324 7333  Email: <a href="mailto:berkshirehub@tuvida.org">berkshirehub@tuvida.org</a>  <a href="http://www.tuvida.org">www.tuvida.org</a>
<b>TuVida Wokingham and West Berkshire</b> Supporting carers to enable them to have a break from their role.	Tel: 0118 945 4209 Tel: 0118 945 4218 (out of hours)  <a href="http://www.tuvida.org">www.tuvida.org</a>
<b>Slough Prevention Alliance Community Engagement (SPACE) Consortium</b> Group of local and national organisations supporting unpaid carers.	<a href="http://www.spaceslough.org.uk">www.spaceslough.org.uk</a>
<b>Slough Carers Support</b> Free advice and information to carers in Slough.	Tel: 01753 303428 Email: <a href="mailto:sloughcarers@gmail.com">sloughcarers@gmail.com</a> <a href="http://www.sloughcarerssupport.co.uk">www.sloughcarerssupport.co.uk</a>

<p><b>Slough Young Carers</b></p>	<p>Tel: 01753 574780</p> <p>Email: <a href="mailto:info@sloughyoungcarers.org">info@sloughyoungcarers.org</a></p> <p><a href="http://www.sloughyoungcarers.org">www.sloughyoungcarers.org</a></p>
<p><b>Crossroads Slough and Crossroads Young Carers Project</b>          Providing care and care related services for people in Slough and their carers.</p>	<p>Tel: 01753 525796</p> <p><a href="http://www.sloughcrossroads.org.uk">www.sloughcrossroads.org.uk</a></p>
<p><b>Carers Card</b>          Receive exclusive discounts with a carers discount and attention card.</p>	<p><a href="http://www.sloughcarerssupport.co.uk/carers-card-benefits">www.sloughcarerssupport.co.uk/carers-card-benefits</a></p>
<p><b>Dementia Advisory Service Slough</b></p> <p><b>Dementia Support Worker East Berks</b></p>	<p>Tel: 01628 626331          Email: <a href="mailto:dswberkshire@alzheimers.org.uk">dswberkshire@alzheimers.org.uk</a></p> <p>Tel: 01628 683715          Email: <a href="mailto:dementiacareadvisor@rwm.gov.uk">dementiacareadvisor@rwm.gov.uk</a></p>
<p><b>Special Voices - Slough</b>          For parents and carers of a child/young person with special needs</p>	<p>Tel. 07990 693439</p> <p>Email. <a href="mailto:info@specialvoices.co.uk">info@specialvoices.co.uk</a></p> <p><a href="http://www.specialvoices.co.uk">www.specialvoices.co.uk</a></p>
<p><b>Royal Borough of Windsor and Maidenhead</b>          Emotional, practical and financial support. Now hosted by Carers UK. Open a free carers digital account with this unique access code DGT8874</p> <p><b>Family Action Young Carers</b>          Delivering innovative and effective services and support to young people aged 5-18</p>	<p><a href="http://www.carersuk.org">www.carersuk.org</a></p> <p><a href="http://www.carersdigital.org">www.carersdigital.org</a></p> <p>Tel: 01628 626991</p> <p>Email: <a href="mailto:rbwm.yc@family-action.org.uk">rbwm.yc@family-action.org.uk</a></p> <p><a href="http://www.family-action.oeg.uk">www.family-action.oeg.uk</a></p>
<p><b>Bracknell Forest Council</b>          Ring for a carers assessment</p>	<p>Tel: 01344 351500</p> <p><a href="http://www.bracknell-forest.gov.uk">www.bracknell-forest.gov.uk</a></p>
<p><b>Signal</b>          Local charity providing free information, advice and support to unpaid carers in Bracknell.</p>	<p><b>Bracknell</b> Tel: 01344 266088</p> <p>Email: <a href="mailto:info@signal4carers.org.uk">info@signal4carers.org.uk</a></p> <p><a href="http://www.signal4carers.org.uk">www.signal4carers.org.uk</a></p>

<p><b>Crossroads Oxfordshire – (covering West Berkshire, Windsor and Maidenhead)</b></p>	<p>Tel: 01865 260280  Tel: 01635 30008 West Berkshire  Tel: 07833 449031 Windsor &amp; Maidenhead  Email: <a href="mailto:care@oxfordshirecrossroads.org.uk">care@oxfordshirecrossroads.org.uk</a>  <a href="http://www.oxfordshirecrossroads.org.uk">www.oxfordshirecrossroads.org.uk</a></p>
<p><b>TuVida</b>  Information for unpaid carers in Bucks.</p>	<p>Tel: 01494 360520  Email: <a href="mailto:buckinghamshire@tuvida.org">buckinghamshire@tuvida.org</a>  <a href="http://www.careadvicebuckinghamshire.org">www.careadvicebuckinghamshire.org</a></p>
<p><b>Carers Bucks</b>  Independent charity supporting unpaid carers and promoting their wellbeing. Information about local support groups</p>	<p>Tel: 01296 392711  Email: <a href="mailto:mail@carersbucks.org">mail@carersbucks.org</a>  <a href="http://www.carersbucks.org">www.carersbucks.org</a></p>
<p><b>Carers Trust Thames</b> Local contact: (Hillingdon, Central and South Bucks)</p>	<p>Tel: 01895 258888  <a href="http://www.carerstrustthames.org.uk">www.carerstrustthames.org.uk</a></p>
<p><b>Surrey &amp; Hampshire</b></p>	
<p><b>Action for Carers</b> - support available for all Surrey's carers, young and adult.</p>	<p>Tel: 0303 0401234  Email: <a href="mailto:CarerSupport@actionforcarers.org.uk">CarerSupport@actionforcarers.org.uk</a>  <a href="http://www.actionforcarers.org.uk/">www.actionforcarers.org.uk/</a></p>
<p><b>Carers Support Office:</b> service offering support and information to all carers in Surrey Heath</p>	<p>Carers Support Office: Ian Goodchild Centre, Knoll Road, Camberley Surrey GU15 3SY  Phone: 01276 27390  Email: <a href="mailto:support@surreyheathcarers.org.uk">support@surreyheathcarers.org.uk</a></p>
<p><b>Crossroads Care Surrey:</b> Charity offering support to unpaid carers to have time to look after their own physical and emotional health needs so they can keep caring for longer</p>	<p>Based in Leatherhead.  Tel: 01372 869970  <a href="mailto:enquiries@crossroadscaresurrey.org.uk">enquiries@crossroadscaresurrey.org.uk</a>  <a href="http://crossroadscaresurrey.org.uk/">crossroadscaresurrey.org.uk/</a></p>
<p><b>Carers Trust</b>  Charity working to improve support services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend</p>	<p>Tel: 0300 772 9600  <a href="http://www.carers.org">www.carers.org</a>  Email: <a href="mailto:info@carers.org">info@carers.org</a></p>

<b>National</b>	
<b>Carers UK</b> Campaigning organisation for carers, providing advice, support and information.	Tel: 0207 378 4999  <a href="http://www.carersuk.org">www.carersuk.org</a>
<b>Carers Digital</b> A wide range of free digital products and online resources that may help your caring situation easier. Create an account online.	Email: <a href="mailto:advice@carersuk.org">advice@carersuk.org</a>  <a href="http://www.carersdigital.org">www.carersdigital.org</a>
<b>NHS Choices - Carers Direct</b> Helpline providing information to help with decisions about your caring role and discuss available options. Web chat available.	Webchat available Monday-Friday 9am-8pm, weekends 11am-4pm Email online service  <a href="http://www.nhs.uk/carersdirect">www.nhs.uk/carersdirect</a>
<b>Carers's Allowance Unit</b> Information on Carer's allowance and how to make a claim.	Tel: 0800 731 0297  <a href="http://www.gov.uk/carers-allowance-unit">www.gov.uk/carers-allowance-unit</a>
<b>Asian Carers Group - Slough</b> Provide opportunity for carers to get together once a week and run a referral service.	Tel: 01753 530579  Email: <a href="mailto:pushpakharbanda@hotmail.com">pushpakharbanda@hotmail.com</a>

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For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

**Frimley Park Hospital**

Telephone: 0300 613 6530

Email: [fhft.pals@frimleypark.nhs.net](mailto:fhft.pals@frimleypark.nhs.net)

**Wexham Park & Heatherwood Hospitals**

Telephone: 0300 615 3365

Email: [fhft.pals@wexhampark.nhs.net](mailto:fhft.pals@wexhampark.nhs.net)

<b>Frimley Park Hospital</b> Portsmouth Road Frimley Surrey, GU16 7UJ	<b>Heatherwood Hospital</b> London Road Ascot SL5 8AA	<b>Wexham Park Hospital</b> Wexham Slough Berkshire, SL2 4HL
<b>Hospital switchboard:</b> 0300 614 5000		<b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a>

#### Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.