

REGISTER NOW

[www.signal4carers.org.uk](http://www.signal4carers.org.uk)

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# Support for unpaid carers in Bracknell Forest



A Network Partner of  
**CARERS  
TRUST**

Funded by

**NHS**  
East Berkshire  
Clinical Commissioning Group



## WHO IS A CARER?

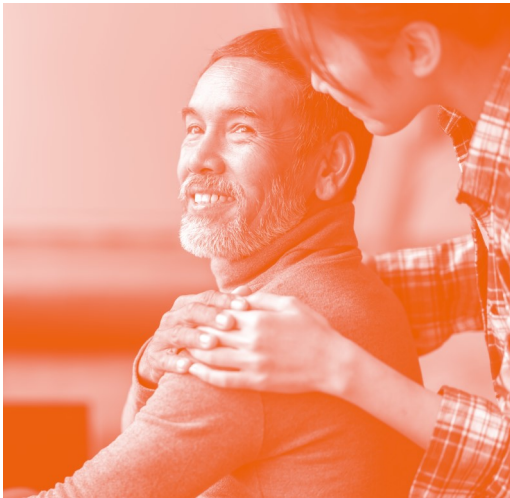
A carer is anyone who provides unpaid or informal help and support to someone else; a spouse or partner, family member, friend or neighbour.

## WHAT DOES A CARER DO?

**You are a carer if you;**

- Look after a friend, neighbour or relative when they have health or social care needs from 1/2 hour to 24 hours a day
- Help or carry out someone's shopping
- Do welfare checks on a regular basis
- Look after finances
- Take someone to appointments
- Help manage medication

**These are just some examples.**



## SIGNAL CARERS SERVICE

SIGNAL carers service supports adults caring for adult residents of Bracknell Forest - including young carers approaching adulthood and carers of disabled children approaching adulthood, with confidential, impartial information, understanding and assistance. The service is free to use, funded by Bracknell Forest Council and East Berkshire Clinical Commissioning Group.

**Examples of how SIGNAL can help you;**

- Emotional support
- Practical advice
- Form filling
- Training

SIGNAL provides this service over the telephone, via email, virtually online, through support groups or home visits.