

Slough Directory for Older People – September 2021*

The below organisations and groups are offering support for Slough residents:

Name of group	Contact details	Area of support
Adult learning and skills – Part-time courses	01753 476 611	Deliver adult and community learning courses. Offer both paid and free courses. Also, provide tailored for people with Dyslexia and Autism needs.
Adult social care (ASC)	01753 475111	ASC provide; <ul style="list-style-type: none"> • Carers assessments • OT assessment • Care support. • Telecare – a pendant based support line for older people for when they fall over. W: http://www.slough.gov.uk/health-and-social-care/adult-social-care-and-how-to-access.aspx
Age Concern Slough and Berkshire East	01753 822 890	Age Concern offers; <ul style="list-style-type: none"> • a cleaning service for £15 hr – including shopping, collecting prescriptions etc • a handyman service – Plumbing, electrics, Fixing Jobs etc – Quoted on job • a nail cutting service • home care for the elderly – offering respite for a carer Office:551 Fairlie Road, Slough SL1 4PY T: 01753 822 890 E: info@ageconcernsabe.org.uk W: https://www.ageconcernsabe.org.uk/
Age UK (Berkshire)	0118 959 4242	Age UK provide; <ul style="list-style-type: none"> • a shopping service, this can include help with internet shopping, Home delivery services and Escort services (This is a paid-for service. A £6 charge on top of the price of shopping) • financial advocacy – offering to look after and control your finances for you with your consent. • Provide home help at £18 hr Email: info@ageukberkshire.org.uk https://www.ageuk.org.uk/berkshire/
Alzheimer’s Dementia Support	07516 165 647	Alzheimers Dementia Support ‘ADS’ exists solely to provide a wide range of high quality, varied and enjoyable services whilst giving companionship, support, advice, information and sign-posting to as many people with Dementia, their Carers and Families as we possibly can

		<p>within the local communities of Windsor, Ascot, Maidenhead, Slough & Langley.</p> <p>Full range of service includes:</p> <ul style="list-style-type: none"> • Advocacy • Two dedicated Telephone Support Line • Alzheimer Cafes • Information Guidance Support and Signposting • Zoom Support Communications • Specialist Training • One to One support • Home Visits • Befriending <p>W: https://www.adscharity.com/</p>
Alzheimer's Society	<p>- 0300 222 11 22 – National number</p> <p>- 01628 626 331 – Berkshire Regional number</p>	<p>Provide information, support or advice for anyone affected by Alzheimers and Dementia.</p> <p>W: https://www.alzheimers.org.uk/</p>
Apna Virsa	07598 533 336	<p>Explores, shares and celebrates Asian culture, promote awareness and health and wellbeing, social isolation and addressing barriers.</p> <p>E: apnavirsa@gmail.com</p>
Ategi	01494 568888	<p>Ategi offers different home share living arrangements for individuals who need extra support at home (Older, Vulnerable or Has a disability). This is called Home Share and Shared Lives (Offer accommodation in own home).</p> <p>E: bucks@ategi.co.uk</p> <p>W: https://ategi.org.uk/services/</p>
Autism Berkshire	01189 594 594	<p>Autism Berkshire provides:</p> <ul style="list-style-type: none"> • Support and advice for anyone affected by Autism and Asperger's • Social and leisure activities for children and adults • Free Social eyes and independent living courses to learn social skills and everyday life skills. 19 +, runs for eight weeks. <p>W: www.autismberkshire.org.uk</p> <p>E: contact@autismberkshire.org.uk</p>
Berkshire Vision	0118 987 2803	<p>Berkshire vision provide visually impaired people with information and support the need to live independently and safely including home visits, children, and family support.</p>

		<p>W: https://berkshirevision.org.uk/</p> <p>E: info@berkshirevision.org.uk</p>
Carematters	01442 800 144	<p>Chartered Financial Planners who provide free information and advice to later life clients.</p> <p>Giving advice on effective methods for paying for your care, how to fund a loved one's care, help maximise income, power of attorney and help you preserve your wealth.</p> <p>W: www.carematters-uk.com</p> <p>E: advice@carematters-uk.com</p>
Citizen Advice Bureau (CAB)	0800 144 88444 National	Provide advice and support (Benefits, Work, Debt and money, Consumer, Family, Housing, Law and courts, Immigration, Health)
CMHT (Community mental health team)	0300 365 0300	Provide a range of services for people requiring secondary mental health services, e.g., mental health and social care assessments, coordination of mental health care, effective treatments and social care support. Also provide housing and access to benefits information for people receiving mental health services.
Cruse Bereavement care	01344 411 919	<p>Cruse specialist bereavement experts have experience in all types of loss and can offer support however and whenever the death occurred.</p> <p>Cruse Bereavement care offer:</p> <ul style="list-style-type: none"> • welcome session as a first point of call • Group sessions and 1:1 counselling <p>National Hospice – free to call: 0808 808 1677</p> <p>W: https://www.cruse.org.uk/</p>
Crossroads Care Slough	01753 525 796	<p>Crossroads Care Slough respects the individuality of carers and those with care needs and seeks to promote their choice, independence, dignity and safety. (£15p/h)</p> <ul style="list-style-type: none"> • Healthcare needs, medication prompts and prescription collection • Help around the home: meal preparation, assistance with mobility, sleeping and disturbed night care, social visits and companionship • Personal care services, such as washing, dressing and continence care • Preparing light meals and drinks • Shopping/ordering shopping for you • Accompanied visits and trips, including appointments, classes and shopping • Supporting you at social functions, Places of worship and travelling • Dementia and Alzheimer's care

		<ul style="list-style-type: none"> • Emergency care planning and a 24 hour emergency respite service • End of life care • Free time. We provide care so that the usual carer can have some much needed free time and peace of mind • Activities for children and young people with a disability <p>W: https://www.sloughcrossroads.org.uk/</p>
Dementia/ Lifted Cared		<p>Lifted Care offer:</p> <ul style="list-style-type: none"> • Products to help with different stages • Advice and stories • Support customers <p>W: Unforgettable.org T:0203 870 3874 (open Mon - Fri 8am - 8pm GMT) E: theteam@livebetterwith.com</p>
Deaf Positives	0118979 7575	<p>Provide advice on education, welfare and benefits, advocacy services, employment, unemployment and redundancy</p> <p>W: www.deafpositivesaction.org E: admin@deafpositivesaction.org Text/Facetime: 07403 432 650 - Skype: deafpositivesaction</p>
District Nurse Communal hub	0300 365 1234	<p>Can provide 24-hour expert Care for patients at home. This can include dressings, administration of medication, blood tests (for house bound patients only) as well as chronically ill patients and their carers.</p>
Eat 4 Health	0118 449 2036	<p>Offer:</p> <ul style="list-style-type: none"> • Lifestyle management and healthy eating (45 Mins) • Exercise with qualified exercise instructors (45 Mins) <p>E: info@eat-4-health.co.uk</p> <p>SMS (Text) 'MyHealth' to 66777</p>
Epilepsy Society	01494 601400	<p>Offer a variety advice and support.</p> <p>Email: helpline@epilepsysociety.org.uk</p>
Falls free 4 life	01753 373 585	<p>Provide a free service that starts with a risk assessment to prevent future falls.</p> <p>W: https://www.solutions4health.co.uk/our-services/fallsfree4life/ E: info@fallsfree4life.co.uk</p>
Good neighbours	01753 530 472/ 530 497	<p>This service is run by volunteers that can visits homes for 1 hour a week for companionship reasons.</p> <p>W: - www.royalvoluntaryservice.org.uk</p>

MacMillan in Berkshire	0300 1000 200	Provide practical, medical, emotional and financial support for anyone dealing with cancer. W: https://www.macmillan.org.uk/fundraising/inyourarea/england/berkshire/berkshire.aspx
Men in sheds	01844 348 831 / 07990 756 742	Men of all ages can participate in activities and enjoy good company at the same time. Activities include: woodwork, photography, metal work, model work, electronics, mechanics. Based at maidenhead, high Wycome, Iver (Black Park) , Stoke Poges, Surrey E: Keith.blackparkshed@gmail.com / samantha@communityimpactbucks.org.uk
My Care My Home	0800 731 8470	Face to face advice through home visits and free telephone service, aiming to help people understand their options to meet their care and support needs. W: www.mycaremyhome.co.uk
National Debtline	0808 808 4000	Provide a four step guide online (increase your income, work out personal budgets, deal with priority debts, deal with non-priority debts) to help. E: www.nationaldebtline.org
Sewak Housing		<ul style="list-style-type: none"> • Drop in surgeries - for advice and information for BAME women on benefits, advocacy, sign posting, work training and education • Circle of friends – providing workshops, discussions, debates and diversity days from BAME communities 18+ • Freedom programme – 12 week domestic abuse awareness programme. All groups will be delivered in Urdu, Punjabi &Hindi. E: matharup@sewakhousingervicesltd.org.uk
SHOC	01753 536745 or 01753 553143	SHOC (Slough Homeless Our Concern) is a day centre that exists to provide care for the homeless in Slough and those at risk of becoming so.
Silverline helpline	0800 470 8090	The Silver Line is a free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. W: https://www.thesilverline.org.uk/
Slough Community Transport (SCT)	01753 691 131	SCT Offers: <ul style="list-style-type: none"> • a transport service for individuals who find it difficult to access public transport • a shop Mobility service were they can hire a wheelchair or scooter for a half or full day to assist with their ability to shop

		<ul style="list-style-type: none"> • a shopper assistance service where someone can assist you with shopping or accompany you to appointments. • Dial a ride – 9 – 5 (paid service) <p>E: Scts-steph@outlook.com</p>
Slough Crossroads	01753 525 796 or 07833449031	<p>Can provide care so that the usual carer can have some much-needed free time and peace of mind. This includes sitting service, accompaniment to activities and events, assistance with personal care, help with children, assistance with shopping, emergency respite (paid service)</p> <p>W: www.sloughcrossroads.org.uk</p>
Slough Food bank	01753 550303	<p>Issue our foodbank Vouchers which enable you to exchange the voucher for a minimum of three days of emergency food at your nearest foodbank centre.</p> <p>W: office@slough.foodbank.org.uk</p>
Slough Senior Citizens	01753 537 996	<p>Social group that is run by volunteers for the elderly. They promote healthy living, exercise classes, open days, day trips, workshops and seminars on health-related topics.</p> <p>E: Sloughseniors@gmail.com</p>
Slough Stroke recovery Service	01344 306 177 / 07515597256	<p>Working with stroke survivors, their carers and their family Provide:</p> <ul style="list-style-type: none"> • information, practical advice and emotional support • Life after stroke, home visits, leaflets, returning to work, accessing local leisure and social activities. <p>E: Sinead.lake@stroke.org.uk</p>
Slough Talking Newspaper	01753 861 821 / 07787 234272	<p>Provides a free audio version of some of the main features from slough's Local newspaper for listeners. It also compiles a talking magazine on occasion. Listening equipment is provided as part of the service.</p> <p>W: www.sloughtn.co.uk E: sloughtn@outlook.com</p>
Society of Later life advisers (SOLLA)	0333 2020 454	<p>Aim to assist people and their families in finding trusted accredited financial advisors who understand financial needs in later life Retirement Planning - pensions and annuities, Funding for Care Home fees, Funding for care in your own home, Equity release and other property options, Savings and investment planning, Tax matters and estate and wealth planning</p> <p>W: www.societyoflaterlifeadvisors.co.uk E: admin@societyoflaterlifeadvisors.co.uk</p>
Solutions for Health	0118 334 1861	<p>Provide:</p> <ul style="list-style-type: none"> • Quitting smoking • 1:11 or group sessions over 12 weeks

		<ul style="list-style-type: none"> • Free weekly supply nicotine replacement therapy (NRT) <p>E: info@solutions4health.co.uk</p>
Sport in Mind	07341 267 740	<p>info@sportinmind.org</p> <p>Mental health sports charity – aims to use sport and physical exercises to help aid the recovery of people experiencing mental health problems. Offer a variety of different physical activities in the local area.</p>
Stoke Poges United Charity	01753 642 886	<p>Provide Grants to relieve; sudden distress, travelling expenses to visit people in hospital, furniture, bedding, clothes, fuel, essential house repairs, adaptations to homes for disabled people, medical aids, respite carer for temporary relief.</p> <p>W: www.stokepogescharity.com</p>
St Vincent de Paul society	0207 703 3030	<p>This service is run by volunteers who must hold a DBS. The volunteers offer a befriending service where they can visit people’s homes to keep someone company and form a friendship.</p> <p>E: info@svp.org.uk</p>
Talking Therapies	0300 365 2000	<p>Talking therapies is a friendly and approachable service to allow people to talk through their problems. You will have an assessment to decide the most appropriate therapy choice for you. The service can be delivered in many ways from Groups, Online, Telephone and face to face. 17 +</p> <p>E: talkingtherapies@berkshire.nhs.uk W: www.talkingtherapies.berkshire.nhs.uk</p>
Thames Valley Housing (Befriending)	0208 607 0648 (Ella Cosgrove) 0208 607 0617 (Hazel Millard) 07712 699 255	<ul style="list-style-type: none"> • Have a face to face meeting for a cuppa • Get someone to accompany you and about <p>E: ella_cosgrove@tvha.oc.uk</p>
Turn to me		<ul style="list-style-type: none"> • Online support groups facilitated by mental health professionals – Free • Online counselling by professional counsellors / psychologists – Charge • Information and advice online – Free • Thought Catcher – Free <p>W: https://turn2me.org/aboutturn2me E: info@turn2me.org</p>
Turning Point	01753 692 548 020 7481 7600	<p>Provides specialist service to improve lives and communities across mental health, learning disabilities, substance misuse, primary care, criminal justice system and employment.</p> <p>W: www.turning-point.co.uk E: START@turning-point.co.uk</p>

The Cinnamon Trust	01736 758 707	Objective is to respect and preserve the treasured relationship between owners and their pets, volunteers can provide practical help when any aspect of day to day care poses a problem - for example, walking the dog for a housebound owner, taking them in when their owner goes to hospital. W: http://www.cinnamon.org.uk/
Wiltshire Farm Foods	0800 077 3100	Free home delivery mainland UK <ul style="list-style-type: none"> • Offer Softer food ranges • Meals between £3-£5 each • Balances and nutritional meal

National Helplines

Name of Organisation	Contact Number	Area of support
Age UK	0800 678 1602	Advice and Support
Anxiety UK	0344 4775774	Anxiety UK therapy helpline
Business Support Helpline (Gov.uk)	03004563565	Help and support for business
CALM (men)	080058 5858	Male suicide prevention support
Childline	08001111	Young person help and advice
Dash	01753 549865	Domestic Abuse
Dept. of Education	08000468687	Helpline for questions related to education
HMRC	0800 015 9559	Revenue and Customs
LGBT Foundation	0345330 3030	Advice and support for LGBTR community
Men's Advice Line	0800 801 0327	Domestic Abuse
Mental Health Matters	0800 001 4331	Mental health helpline
Mind	03001233393	Mental health helpline
National Domestic Abuse	0808 2000 247	Free 24h National Domestic Abuse Helpline
National LGBT + Domestic Abuse Helpline	0800 999 5428	Domestic Abuse
Papyrus	0800 068 4141	Young person suicide prevention
Respect	0808 802 0321	For anyone worried about their own behavior
Samaritans	116123	Suicide support helpline
SANE	0845767 8000	Mental health support
The Silver Line	0800470 80 90	Confidential helpline for older people
The Survivors Trust	0808 801 0818	Sexual violence and abuse
Universal Credit	0800 328 5644	Universal credit helpline