After the excesses of Christmas it’s probably a good time to think about our health (and weight!!). We are probably all aware that being fit is often down to healthy eating and more exercise but unless we know we are at risk it’s not so easy to start to do something about it. Why not check using the following calculation or the table on page 10.

1. Work out your height in metres and multiply the figure by itself
2. Measure your weight in kilograms
3. Divide the weight by the height squared
e.g. If you are 1.6m (5ft 3in) tall and weigh 65kg (10st 3lb) the calculation will be:
   \[ \text{BMI} = \frac{65}{1.6^2} = 25.39 \]

BMI less than 18.5 - Under Weight
BMI 18.5-24.9 - Normal Weight
BMI 25-29.9 - Over Weight
BMI 30-40 - Obese
BMI over 40 - Severely Obese

If this brings you into one of the ‘at risk’ groups (i.e. underweight or overweight and above), remember:

Eating – Aim for at least 5 portions of a variety of fruit and vegetables a day to give you plenty of vitamins and minerals, it is also a good source of fibre and other antioxidants. Eating more fruit and vegetables may help reduce the risk of the two main killer diseases in the UK, heart disease and some cancers. Fresh, frozen, chilled, canned, 100% juice and dried fruit and vegetables all count.

Exercise – If you are aged 50 or over why not join SMILE (So Much Improvement with a Little Exercise) or a 50 plus Club. The aim is improve mobility and stability through a range of activities at 3 different levels, from simple games and chair aerobics to circuit workout and indoor sports for those already active.

If you’d like one of the SMILE leaflets contact The Royal Borough of Windsor & Maidenhead on Tel: 01628 683800 or smile@rbwm.gov.uk

If you have any concerns about your weight, discuss this with your GP.

And don’t forget …. If you don’t have time for anything else why not increase the amount of walking you do. When you walk briskly for one minute you burn up approximately five calories and one hour 40 minutes of brisk walking per week burns up 500 calories per week.

There’s hope for us all!

Supported by: Berkshire East Primary Care Trust and

The Windsor, Ascot & Maidenhead Carer

Are you in Good Health?

Copies of the Department of Health ‘5 A DAY’ leaflet can be obtained on Tel: 08701 555 455.
Maidenhead Mencap Holiday Home

Maidenhead Mencap own a holiday home which is situated at Shorefield Country Park, Downtown, near New Milton in the New Forest.

This is available to rent by everyone not just members of Maidenhead Mencap.

The mobile home itself is a top of the range luxury unit with full central heating, double glazing. It has three bedrooms, one with a double bed with en suite shower and toilet, the other two bedrooms have two single beds in each and there is a separate bathroom with toilet. The mobile home is fully equipped to a very high standard with refrigerator, microwave, television, DVD, hi-fi unit, barbecue etc. Duvets and pillows are provided but not bed linen and towels. The site itself boasts an indoor and outdoor swimming pool, several bars and restaurants on site and is ideally located for visits to the New Forest, Lymington, Bournemouth, Poole and day trips to the Isle of Wight.

Prices are from £35 per night or £205 per week (low season) for up to six people.

For more information please contact either Carol Richards on Tel: 01628 823656 or Andrea Webster on Tel: 01628 822762.

Easter Carer’s Drop-in’s

Good company, the chance to relax with an Indian head or hand massage and of course, lots of hot cross buns to sample. Come and join us at one of the fun Carer’s Drop-in’s.

**Monday 17th March 2008**, 10.30am - 12.30pm
Age Concern Windsor, Spencer Denney Centre, Park Corner, Windsor

**Wednesday 19th March**, 10.30am 12.30pm
High Street Methodist Church, Maidenhead

**Friday 4th April**, 10.00am - 12.00 noon
Carnation Hall, Winkfield Row

It’s essential you book a place well in advance for one of the therapies because places are very limited. Call Karen on Tel: 01628 777217.

Looking forward to hearing from you soon.

Book Reviews

**Past Caring by Audrey Jenkinson**

Actress Audrey Jenkinson had just landed her big break in the BBC television series Trainer when she received the devastating news that her mother had suffered a stroke and her father was diagnosed with cancer. With both parents requiring constant care, she was forced to put her life and career on hold and return home to Edinburgh to nurse them through their final months. In Past Caring, Audrey describes how she tried to cope with her parents’ deaths and recalls the ‘void’ she felt at the time. “I was burnt out, lost, had no interest in what had once been my career,” she says. “I wondered how others coped in similar situations but when I discovered there were no books on the subject, I decided to write one.” She travelled throughout the UK, interviewing former carers and asking them how they rebuilt their lives. “The stories I heard were both fascinating and uplifting, and I knew other people would find them interesting and helpful.” Past Caring also includes a twelve-step recovery guide based on what past carers told her.

ISBN 09544233-6-4
Available from Promenade Publishing, Box 380, 28 Elm Row, Leith, Edinburgh EH7 4RR.

Price: £6.99 plus £2.00 pp.

Spring is upon us

and we are starting the new season with an Easter Fair on Saturday March 15th at the Nurseries with special offers, egg hunt, and fun for all the family – come and join us.

We have an excellent new stock of quality plants at sensible prices and are taking orders for summer pots and hanging baskets.

If your garden needs to be tidied for the new season, don’t forget our experienced grounds maintenance teams who can take the hard work out of caring for your garden.

Come and see how we are growing

Braywick Heath Nurseries
41 Braywick Road, Maidenhead, Berks SL6 1DX
T: 01628 622510
E: admin@braywickheath.co.uk
www.braywickheath.co.uk
Right Care, Right Place – Our NHS, Our Future

Berkshire East Primary Care Trust and Berkshire Healthcare NHS Foundation Trust are once again inviting people to contribute to the future of their healthcare. Following on from the extensive consultations in 2007, Dr Lise Llewellyn, CEO “You have told us what you want and taking into account affordability and expertise we now present to you what the options for the future look like”. The proposals on changes to primary and hospital care (Berkshire East Primary Care Trust) and mental health care (Berkshire Healthcare NHS Foundation Trust) will be discussed at a number of public meetings, ending with:

- **Tuesday 4th March, 2.30pm**
  The Canteen, St Marks Hospital, St Marks Road, Maidenhead

- **Wednesday 19th March, 7.00pm**
  Bracknell Leisure Centre, Bagshot Road, Bracknell.

- **Thursday 27th March, 7.00pm**
  The Board Room, King Edward VII Hospital, Windsor

The consultation documents are available online at www.rightcarerightplace.nhs.uk or can be obtained, together with a useful Summary booklet containing a questionnaire that may help you to decide what you want to say, by telephoning Freefone 0800 2889 807. The consultation ends on 14th April 2008 so please make sure you get any comments back to them by this date.

Do you care for somebody with mental health problems?

- Do you feel you are alone?
- Nobody to talk to?
- No time for you?

If so, why not come along and join us for a cup of coffee (or tea) and a chat.

You can:
- Meet others who may be experiencing similar problems.
- Occasionally hear guest speakers on topics of interest to you.
- Come along to social evenings out.

We usually meet on the first Thursday evening of each month.

For more information call:
Janet Smith at the Community Mental Health Centre on Tel: 01628 626946

Singing for the Brain

An activity for all Carers of people with dementia and their loved ones. Held weekly on Monday’s at the Maidenhead Drop-in Centre at the United Reformed Church, West Street and commencing at 10.45am. Refreshments will be served beforehand. A great singing voice is not required, just come along and enjoy yourself, it is good fun!

**Singing for the Brain is running on the following dates during March and April:**
- **3rd, 10th & 17th March**
- **7th, 14th and 28th April**

For more information please contact the Maidenhead & District Alzheimer’s Group on Tel: 01628 626331. There is an answerphone so please leave a message if they are not there.

Maidenhead & District Alzheimer’s Group Events

**Dementia Café in Slough**
Held on the first Tuesday of each month at the Kingsway United Reformed Church, Church Street, Slough from **10.00am-12.00 noon**. This is open to all carers and their loved ones or anyone affected by dementia. Come and enjoy a cuppa, a chat and make new friends. In March the group will be running a relaxation session.

**Thursday 13th March, 7.30pm – 9.30pm**
Please note that the Social Evening in March will be held at the United Reformed Church in West Street Maidenhead. On this night entertainment will be provided by a group of young dancers – The Janet Murphy School of Irish Dancing.

**Maidenhead Drop-in Centre** in West Street is held every **Monday between 10.00am -12.30pm** and **Thursday between 10.00am -12.00noon**.
Call in for information or just a chat and coffee.

**Thursday 6th March** – Dr Carolyn Eastwood will be giving a talk
**Thursday 13th March** – visit from Pat-a-dog
**Monday 31st March** – Relaxation class
**Monday 21st April** – Pamper morning for carers and people with dementia

**Windsor Drop-in** - Please note that the Windsor Drop in has moved location and day. It is now held every **Wednesday** at the **United Reformed Church, William Street from 10.00am -12.00 noon**.

For more information on any of these events please contact Christine or Terrie on Tel: 01628 626331.
Here in the Royal Borough a young carer is someone aged between 8-19 who helps to care for someone who is ill, has a disability, is experiencing mental illness or is affected by substance misuse. This could be your mum or dad, your brother or sister or a grandparent.

Money for young people!!!

This year the Government has given £160,000 to the Royal Borough of Windsor & Maidenhead for an exciting new fund designed to give young people the opportunity to become actively involved in funding and running activities and facilities in their neighbourhood.

The money will be used to fund the things young people would like to do and places they would like to go in the local area. The young people who apply will need to make decisions about how the money should be spent and applications can be made for activities, which could include residential, DJ workshops, art projects, purchasing of sports equipment etc..

Criteria for funding:
Applications must be completed by young people aged 13-19 and the maximum grant available is £4,000.

For more information contact Danny Gomm on:
T: 01628 510289
E: yof@rbwm.gov.uk
A: Castle Hill Youth Centre, High Town Road, Maidenhead, SL6 1PB

Young Carers’ Stories

“Who Cares?” - A Lot Of Young People Do!

Below is a list of stories you might like to read showing what it is like to be a young carer of a parent, an ill or disabled brother or sister or an elderly relative. These books will also be of interest to any young person who likes reading about romance, humorous stories and drama.

Desai, Anita - Village by the Sea
Set in an Indian village this is the story of a family of four children who have an ill mother and a father with a severe drink problem. They have no other adults to support them and consequently the two oldest children have to support the whole family and forego their own education and youth. The story does have a positive ending.

Moore, Ishbel - Daughter
Fourteen year old Sylvie enjoys fashion, parties, music and is beginning to be interested in boys too, but her mum is starting to behave strangely. Some days she can’t even remember her daughter’s name and Sylvie’s life is turning upside down. A touching teenage novel about a family coping with Alzheimer’s disease.

Sallis, S - No Time At All
When Matt and Sam move with their family to a bungalow, Sam, who is in a wheelchair, finds life a lot easier. However the bungalow is not as normal a home as they had expected and they uncover ghostly secrets from the past.

Wilson, Jacqueline - The Illustrated Mum
Many people say that Marigold is a dreadful mother but to Dolphin she is the best and most beautiful mum in the world. She is totally covered in tattoos and has mood swings due to manic depression, so Dolphin and her sister work hard at trying to make her happy.

All of these books will be available through your local library service or can be ordered from bookshops.
Donations
A special thank you to Beverley Beck and Celia Goldsmith for their hard work in raising over £2,000 that has been split between Maidenhead Mencap and the Young Carers Project. The young carers money will be spent on organising more fun activities for young carers.

Our thanks also go to Sainsbury’s who provided us with thirteen £10 vouchers for the young carers at Christmas.

Lizzie’s view of the cooking course

Many young people’s knowledge of what’s good to eat and how to cook things that are good to eat is very, very limited. The Youth Service organised a course in 2007 to try and increase awareness of healthy eating that was attended by one of the young carers, Lizzie.

“I didn’t know what to expect but I went along for the fun of it and I found that I enjoyed working with the other young people and it was great to try to do different things. I was really excited when I made a chilli and could take it home for mum to try in one of the freezer containers we bought. Sometimes I felt that I was not as good as some of the others but it didn’t matter. We had lots of laughs and I loved being a waitress for the VIP lunch.

I would like to do it again so Janet and Danny have said that I could come back on the next project as a mentor. This I really want to do.”

Look out here for further details of when the next course will be run.

First Aid Training

Training courses for 12-16 year olds are being held during April by the St John Ambulance. The young first-aider course is ideal for anyone wanting to learn some basic first aid for around the home and teaches students how to deal with a number of medical emergencies including heart attacks, poisoning, choking and asthma.

The course will be held between 9.00am – 4.00pm on:
10th April in Maidenhead, and
18th April in Windsor.

If you’d like to go to one of these courses speak to DJ or Karen on Tel: 01628 777217.

Q: What kind of car does Luke Skywalker drive?
A: A Toy-yoda

Q: What do you get if Batman and Robin get smashed by a steamroller?
A: Flatman and Ribbon

Your help’s needed, the challenge is now on to see if anyone can come up with some better jokes for the next newsletter in May!!
£95,000 Mind debt campaign

Leading mental health charity Mind has been awarded £95,000 by the Financial Services Authority towards a campaign in 2008 which will explore the link between debt and mental health.

The FSA money will help Mind to run a series of financial capability surgeries around the country and to develop a financial section on its website that provides advice and information for anyone with mental health problems who is struggling with debt.

Mind has also commissioned the Royal College of Psychiatrists to undertake a new piece of research that will look at how mental health problems can act as pathways into debt and how debt can lead to poor mental health. The online questionnaire can be found at www.mind.org.uk. Results will be published during Mind Week that runs from 10 to 17 May 2008.

IS YOUR CARE HOME UP TO STANDARD?

National Charity Counsel and Care has published a new guide for older people and their families on the standards they have a right to expect when living in a care home. Your care home – is it up to standard? explains in a user-friendly and accessible way what the key standards are and what older people and their families should expect from the staff and their home.

Author John Burton said: “If residents, their families and friends are clear about what they have a right to expect from their care home, they’ll feel more confident about asking for it. Using this guide – and the satisfaction survey and complaints form that go with it – will support good homes and involve the people who live in them. Like the best care, Your Care Home puts residents at the centre, in control. After all, that is the whole point of a care home: CARING and HOMEY, no more, no less.”

• Copies of Your care home – is it up to standard? are priced £5.99 each (plus postage and packaging), and can be ordered by completing the order form on Counsel and Care’s website at: http://www.counsellandcare.org.uk/influence/publications/ or by writing to Counsel and Care at Twyman House, 16 Bonny Street, London, NW1 9PG, 020 7241 8555.
New Agency formed – Pension, Disability and Carers Service

The Pension Service and the Disability and Carers Service are to be brought together into a single Agency – the Pension, Disability and Carers Service.

The two existing Agencies increasingly share many of the same customers – more than half of the customers of the Disability and Carers Service are also customers of The Pension Service and the proportion is growing as people live longer. The aim is for the new Agency to deliver a better and more seamless service.

The new Agency will come into existence on **01 April 2008**.

Act FAST to help stroke patients

A stroke is a brain attack which causes brain damage. A stroke can be diagnosed by using FAST - Facial weakness, Arm weakness, Speech problems, Test all three. If any of these symptoms are present call an ambulance straight away.

The Stroke Helpline provides information on stroke to the general public and is open between 9am - 5pm Monday to Friday on 0845 3033 100

www.stroke.org.uk

Book offers honest account of depression

Are you living with or caring for someone who is depressed? Living with the Blackdog by Caroline Carr may be of interest, writes Sarah Rose, Mental Health Carers Support Worker.

It follows Caroline Carr’s own story of living with a partner who is depressed; something she describes as “one of the loneliest feelings in the world”.

Along with an honest and moving account of her relationship and how she coped, the book is interspersed with other case studies or stories and masses of information, advice and support with the aim of helping other people in a similar situation:

- Look after themselves and other members of the family
- Understanding depression and how it effects everyone
- Coping strategies to help you get through
- Where to get help
- How to support your partner

More information is available on Caroline Carr’s website:

www.carolinecarr.com

Title: **Living with the Black Dog – How to cope when your partner is depressed**

Author: **Caroline Carr**

ISBN Number: 978190541010-1

Publisher: White Ladder Press

Price: **£7.99**

Leading companies join care vouchers campaign

Top employers have added their weight to a campaign to introduce care vouchers for employees with caring responsibilities by taking the proposal to the prime minister. The campaign has gained the support of leading firms, including BT, John Lewis, IBM and KPMG.

They are backing the proposal first launched by charity Counsel and Care for employers to provide care vouchers as a form of a tax break. Working carers would not have to pay tax or national insurance on this part of their salary, which could then be spent on services to help them provide care. This could include extra home care or health linked services, such as chiropody.

In a letter to Gordon Brown and the chancellor, Alistair Darling, the companies explain that this scheme would help employers to support and retain staff who have caring responsibilities:

“Our reasons for supporting this proposal are both economically sound and community-minded. We feel that, as is the situation with new parents, employers and government have a duty to support individuals in this way. However, we also recognise that demographic changes are creating the need to find innovative ways to support staff with their caring roles.”

Benefit rate rises

Carer’s Allowance is set to rise from £48.65 to £50.55 in April 2008.

Attendance Allowance will increase from £64.50 to £67 (higher rate) and from £43.15 to £44.85 (lower rate).

The Care Component of Disability Living Allowance will rise from £64.50 to £67 (highest rate), from £43.15 to £44.85 (middle rate) and from £17.10 to £17.75 (lowest rate).

The Mobility Component will rise from £45 to £46.75 (higher rate) and from £17.10 to £17.75 (lower rate).
Care Plus

More news on the activities of Care Plus who work with all carers living in the Royal Borough. Join them at one of their social lunches or drop-in’s at Lynwood to talk to other carers. Their next meetings are going to be on:

**Tuesday 18th March** – Lunch at the Forresters, Ascot at 12.45pm
For more information or to book a place please contact Julie on Tel: 01344 883681

**Tuesday 8th April** – Meeting at Lynwood, King’s Road, Sunninghill, Ascot at 2.30pm
For more information contact Pamela Griffin-Wood on Tel: 01344 622950

Carer’s Assessments

My name is Kerry Singer and I have recently been seconded from the Royal Borough of Windsor & Maidenhead Adult Care Team to work jointly with the Princess Royal Trust Carers Service in the Maidenhead and Windsor Borough area. In my role as a Carers Support Officer I will primarily be completing carers assessments and reviews. I will also be advising carers of support and services available in the area locally from the Council and also from the voluntary carer support groups. Part of my role will be helping to develop existing and new carer services.

I am keen to speak to any carers or carers groups about any ideas they have on provisions for carers in the Borough or to anyone that may have been through a carers assessment and has any comments good or bad about the existing process. If you would like to call me to have a chat or would like me to come along to your Carers Group to talk more about my new role I would be happy to hear from you.

Please call me on Tel: 07500 065297 or Tel: 01628 777217

Diabetes Type 2

A new guide has been produced in Somali and English. “Living with diabetes: Saleebaan’s Story” is based on Somali storytelling traditions and follows a young Somali man as he finds out he has Type 2 diabetes and talks to his family and friends about it.

For more details call Diabetes UK Cymru on Tel: 029 2066 8276

Sector 3 Training

A further series of training courses has been organised by Windsor and Maidenhead Voluntary Action. The training is free for Black & Minority Ethnic (“BME”) voluntary organisations, community representatives, Faith community groups, Traveller community groups, refugee and Asylum Seeker communities. Places may be available for representatives from all mainstream voluntary and community organisations at a heavily subsidised cost.

The topics covered range from IT training, First Aid, Food Hygiene and Health & Safety Courses.

For more information contact: Asma Aziz, Additional Support Programme Development Worker on Tel: 01753 622433

ME Network

A support group for people affected by Myalgic Encephalomyelitis (“ME”) has been set up in the Maidenhead area.

Group members will receive a quarterly newsletter, email updates and membership to the group blog.

A library of ME-related resources such as books, tapes and relaxation CD’s can also be borrowed by members.

For more information contact: Eileen Shoosmith on Tel: 0118 978 6480, or reading-megroup@yahoo.co.uk
**Colour Therapy**

The use of colour therapy goes back thousands of years. Colours affect moods and emotions. Colour therapy uses this sensitivity to colour to identify and correct any imbalances in the body’s internal energy patterns that might lead to emotional or physical ill health. Therapists believe that each organ and body system has its own characteristic vibrational energy, and disorders can be healed by applying colour of the corresponding vibrational energy, either to the whole body or to the organ concerned. In other words Colour Therapy aims to enhance the body’s own healing processes by balancing the body’s energy centres and also to help stimulate our body’s own healing process.

It is said that the red spectrum affects our physical energies – it is stimulating and warming. Blues are cooling and cleansing, affecting our spiritual energies. The yellow shades serve to bridge them, affecting our mental energies. The three colours together provide opportunities for healing our body, mind and spirit.

*HolisticOnLine*

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**Colour Consultations**

... may help you to *discover* the healing colours of your soul which *when used* will be gently working with you to harmonise your energy field and give your body vigour that will create constant self healing...

Željana Schönauer trained as Colour Therapist with ASIACT (Art & Science Academy of Colour Technologies)
She combines colour therapy techniques with Reiki and also offers personal development courses / retreats, as requested.

**Gift vouchers available**

For more information or to book an appointment **phone:**

Željana Schönauer  
Tel. 0118 9320 566  
Mob. 0786 2260011  
or email: zsart@btinternet.com

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**Sign Language Science Update**

A new vocabulary of sign language that will revolutionise the way that science is taught to deaf children in schools throughout Britain has been developed by teachers and language specialists in Edinburgh.

Over the past year a glossary of over 250 signs for scientific signs has been created that can be accessed over the internet by teachers, interpreters and pupils. Terms as complicated as photosynthesis, density and bacteria are explained by on-screen tutors who employ simple but descriptive gestures that suddenly create understanding.

The glossary is applicable for teachers in mathematics, biology, chemistry and physics and is hoped to help more than 3,500 who have been taught to use British Sign Language.

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**Centre for Developing Connections**

- Thinking about going back to work?  
- Have you been made redundant?  
- Considering changing your career?

Good news if you are a carer or former carer who might have had to give up work to be able to care for someone at home. A change in circumstances may mean that you are now looking for a way back into the workforce and a range of services is on offer to help. This includes Careers Advice, Professional Personality Profiling, CV Services, Interview Coaching and Training & Further Education.

Contact: Telephone 01628 796 013  
Email: developing.connections@rbwm.gov.uk  
Website: www.developingconnections.org.uk
The Reading Cure

The idea that books can make us emotionally, psychologically and even physically better goes back to the ancient world.

Plato said that the muses gave us the arts not for “mindless pleasure” but “as an aid to bringing our soul-circuit, when it is out of tune, into order and harmony with itself”. It’s no coincidence then that Apollo is the god of both poetry and healing.

Considerable research has been carried out over the past 20 years which seeks to prove the healing capacity of the arts in general and literature in particular. A study in Alabama demonstrated how depressives treated via bibliotherapy had less chance of relapse than those given medication. An Arts Council report of 2004 cited 385 references from medical research on the positive effect of the arts and humanities in healthcare.

There are now 50 groups forming part of the “Get into Reading” scheme in Liverpool that have been set up in day centres, care homes, sheltered accommodation and libraries for people who have a learning disability, Alzheimer’s mental health problems and carers. The groups are small, no more than 10 people, and nobody is pressed to read aloud, but if and when they do the boost to that persons confidence can be striking.

For Kate, who has suffered from severe rheumatoid arthritis for 30 years, the answer is clear “Reading pushes the pain away into a place where it no longer seems important. No matter how ill you are, there’s a world inside books which you can enter and explore, and where you focus on something other than your own problems.”

The Guardian 5 January 2008

If you would like to start a reading group here in the Royal Borough, please contact Karen on Tel: 01628 777217.
Are you over 50 and living in Maidenhead?

Do you need help with:
- Advice on residential and care homes
- Advice on housing and council tax benefits
- Claiming welfare benefits
- Help and advice on state pension
- Other areas of interest or concern

The services are provided in strict confidence and are free.

Come along to:
Maidenhead Town Hall, St Ives Road, Maidenhead
Every Tuesday between 10.00am – 12.00noon

For an informal chat or appointment, contact the Information & Advice Officer at: Age Concern Slough and Berkshire East on Tel: 01753 822890.
Your Magazine!

This newsletter is for all carers living in the Royal Borough of Windsor & Maidenhead, whatever your age or whatever the illness/disability of the person you care for. It’s important the information we print is of interest to you so please keep us informed of any things you would like to see in it or if there are any stories about things that have happened to you that you think might help other carers!

Would you like to receive a copy of the newsletter?

If you are not already on the mailing list and would like to be sent a copy of this free magazine please call Karen on Tel: 01628 777217 to give us your contact details or write to us at the address below:

The Princess Royal Trust Carers Service
Highview
6 North Road
Maidenhead
SL6 1PL

Tel: 01628 777217
Fax: 01628 623045
Email: prtcarerservice@btconnect.com

Noticeboard

Carers Partnership Board

Tuesday 25th March
WAMDSAD, Maidenhead
1.00 – 3.00pm

Friday 16th May
VCO Resource Centre, Alma Road, Windsor
1.00-3.00pm

For more information contact Michaela Helman on Tel: 01628 683547

Maidenhead & District Alzheimer’s Society
Meetings are for carers and their loved ones affected by dementia

Monday 10th March & 14th April - Monday Lunch Clubs, 12.00 noon – 2.00pm
All Saints Church, Boyn Hill, Maidenhead

Thursday 25th March & 29th April – Fish & Chip Lunch, 12.00 noon – 2.00pm
All Saints Church, Boyn Hill, Maidenhead

Wednesday 19th March & Wednesday 16th April – Afternoon Tea, 2.00 – 3.00pm
All Saint’s Church, Boyn Hill, Maidenhead

Contact Christine or Terrie on Tel: 01628 626331

Parents in Partnership Forum

Wednesday 5th March
Town Hall, Council Chamber, Maidenhead
10.30am - 12.30pm

Contact Judy Coulson on Tel: 01628 683182

Physical Disability & Sensory Impairment Partnership Board

Tuesday 18th March
Conference Room, York House, Windsor
10.00am – 12.00 noon

Saturday 17th May
Ascot/Bray Room, Town Hall, Maidenhead
10.30am - 12.30pm

For more information contact Michaela Helman on Tel: 01628 683547

Young Carers Steering Group

Tuesday 1st April
Highview, 6 North Road, Maidenhead
1.30 – 3.30pm

For more information contact Karen Mustard on Tel: 01628 777217