

# Carers Strategy 2025-28 Summary in Easy Read



# Introduction



Carers help people who need care. In West Berkshire, we want carers to feel recognised, listened to, and supported.



A Strategy is a plan. We are asked people in West Berkshire for their comments on our plan before it was made final.



This plan explains how adult social care and partner organisations will help carers of all ages over the next 3 years.

# 1. Raise Awareness and Identify Carers



Reading and West Berkshire Carers Partnership and Adult Social Care in West Berkshire Council will organise events to raise awareness about carers.



We will work with the Volunteer Centre, Community Centres, libraries, and Citizens Advice to promote these events.



Carers can tell their stories in audio, video, or different languages.

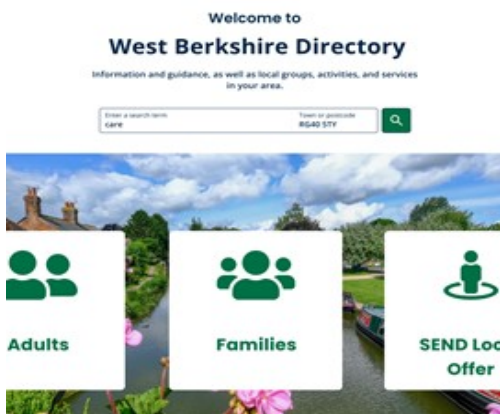


We will train professionals to recognise and identify unpaid carers. This is so we can find and help more carers.



We will support carers from minority communities, travellers, refugees, and asylum seekers.

## 2. Provide Information and Advice



We will promote the West Berkshire Directory to the people who live and work in West Berkshire.



We will have an online service for unpaid carers by the summer of 2025.



We will promote the Young Carers Card and Young Carers Newsletter.



We will use social media to update young carers every week.



We will work with the Carers Partnership and Crossroads Care to tell unpaid carers what support they could have.



We will work with other groups and organisations to make sure all the information is easy to understand.

### 3. Enable Access to Peer Support Groups



The Young Carers Service will continue to support young carers.



We will encourage schools to support young carers.

We will recruit Young Carer champions in schools.



We will signpost adult carers to support groups, charities and organisations.



## 4. Support Carers Wellbeing



We will work with partners and GPs to make sure they know about the physical and mental health impacts of caring.



Carers will get follow-up support after a carers assessment.



We will offer more support so that carers can go to their own health appointments, such as looking after someone for them.



## 5. Support carers to take breaks



We will look at what respite care there is so carers can take short breaks using direct payments. Respite is when a carer can take a break from caring.



We will offer school holiday activities for young carers.



Honey Pot Charity provides overnight respite breaks for young carers up to 13 years old.



We will offer carers assessments to make sure young carers are not doing too much.

## 6. Support a life away from caring



We will make sure that everyone is aware that carers have a right to time away from caring to be themselves.

**carer**



We understand that there will be important times in your life, such as becoming a carer or stopping being a carer.



Training Room

wbtc

We will provide training opportunities for young carers through the West Berkshire Training Consortium.



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