



berkshire carers  
service



# Are you an unpaid carer?

We can help you with:

- Benefits
- Emotional support
- Finding services
- Form filling
- Meeting other carers
- Planning a break
- Working and caring



Helpline 0800 988 5462

[www.berkshirecarers.org](http://www.berkshirecarers.org)



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# Before Crisis Starts



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Registered office: Berkshire Carers Service, St Giles House,  
10 Church Street, Reading, RG1 2SD. Registered in England as a  
company limited by guarantee. Registered number 2952417.  
Registered charity number 1042294.